MC322GAKCBB

Samsung Smart Oven

user manual

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

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SAMSUNG

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Using this instruction booklet

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

LEGEND FOR SYMBOLS AND ICONS

⚠ **WARNING**	Hazards or unsafe practices that may result in **severe personal injury or death**.
⚠ **CAUTION**	Hazards or unsafe practices that may result in **minor personal injury or property damage**.

⚠	Warning; Fire hazard	⚠	Warning; Hot surface
⚠	Warning; Electricity	⚠	Warning; Explosive material
⃠	Do NOT attempt.	✋	Do NOT touch.
✂	Do NOT disassemble.	★	Follow directions explicitly.
🔌	Unplug the power plug from the wall socket.	⏚	Make sure the machine is grounded to prevent electric shock.
☎	Call the service center for help.	✎	Note
☛	Important		

Important safety instructions

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Make sure that these safety precautions are obeyed at all times.

Before using the oven, confirm that the following instructions are followed.

⚠ WARNING (Microwave function only)

⊘ **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

⊘ **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

⊘ **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.

☛ This appliance is intended to be used in household only.

★ **WARNING:** This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.

★ Only use utensils that are suitable for use in microwave ovens.

When heating food in plasitic or paper containers, keep an eye on the oven due to the possibility of ignitions.

The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

WARNING: Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

WARNING: The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.

The oven should be cleaned regularly and any food deposites removed.

Failure to maintain the oven in a clean conditioin could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

- ⊘ **WARNING:** Liquids or other foods must not be heated in sealed containers since they are liable to explode;
- ⊘ The appliance should not be cleaned with a water jet.
- ★ This oven should be positioned proper direction and height permitting easy access to cavity and control area.
- ★ Before using the your oven first time, oven should be operated with the water during 10 minute and then used.
- ★ If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.
- ★ The microwave oven has to be positioned so that plug is accessible.
- ⊘ The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet.

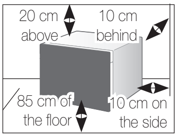
⚠ WARNING
(Oven function only) - Optional

- ☛ **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- ★ During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- ⊘ **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
- ⊘ A steam cleaner is not to be used.
- ⊘ **WARNING:** Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.

- **WARNING:** The appliance and its accessible parts become hot during use.
  Care should be taken to avoid touching heating elements.
  Children less than 8 years of age shall be kept away unless continuously supervised.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- The temperature of accessible surfaces may be high when the appliance is operating.
- The door or the outer surface may get hot when the appliance is operating.
- Keep the appliance and its cord out of reach of children less than 8 years.
- Appliances are not intended to be operated by means of an external timer or separate remote-control system.

INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safety bear the weight of the oven.



1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.
2. Remove all packing materials inside the oven.
3. Install the roller ring and turntable. Check that the turntable rotates freely.
   (Turntable type model only)
4. This microwave oven has to be positioned so that plug is accessible.

☛ If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
For your personal safety, plug the cable into a proper AC earthed socket.

☛ Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings
  (Turntable type model only)

☛ **ALWAYS** ensure that the door seals are clean and the door closes properly.

☛ Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

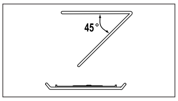
1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces of oven with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice in the oven and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

✎ **DO NOT** spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

✎ **Clean** the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it.
(Swing heater model only)



STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.
The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair

☛ **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre

✎ If you wish to store your oven away temporarily, choose a dry, dustfree place.
Reason : Dust and damp may adversely affect the working parts in the oven.

✎ This microwave oven is not intended for commercial use.

✎ The Light bulb should not be replaced in person for safety reasons.
Please contact nearest authorised Samsung customer care, to arrange for a qualified engineer to replace the bulb.

	⚠ **WARNING**	⚠	⚠	⚠	⚠
🔧	Only qualified staff should be allowed to modify or repair the appliance.	✓	✓	✓	✓
⊘	Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
⊘	For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
⊘	Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
⏚	This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
★	Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓
⊘	Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
★	In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓

⊘	Do not touch the power plug with wet hands.	✓	✓	✓	✓
⊘	Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
	Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
⊘	Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
⊘	Do not place the oven over a fragile object such as a sink or glass object.	✓	✓		
⊘	Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
⊘	Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
⊘	Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
⊘	Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
⊘	Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓
⊘	Do not pour or directly spray water onto the oven.	✓	✓		
⊘	Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
⊘	Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
⊘	Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
★	Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.	✓	✓	✓	✓
★	**WARNING:** Microwave heating of beverages can result in delayed eruptive boiling,therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓

	⚠ CAUTION	⚠	⚠	⚠	⚠
★	Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
🚫	Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
★	Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
🚫	Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
🚫	Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
🚫	Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
✋	Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
★	Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
★	Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
🚫	Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
★	Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)	✓		✓	
★	Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.(MICROWAVE FUNCTION ONLY)

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

(1) door (bent)

(2) door hinges (broken or loose)

(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

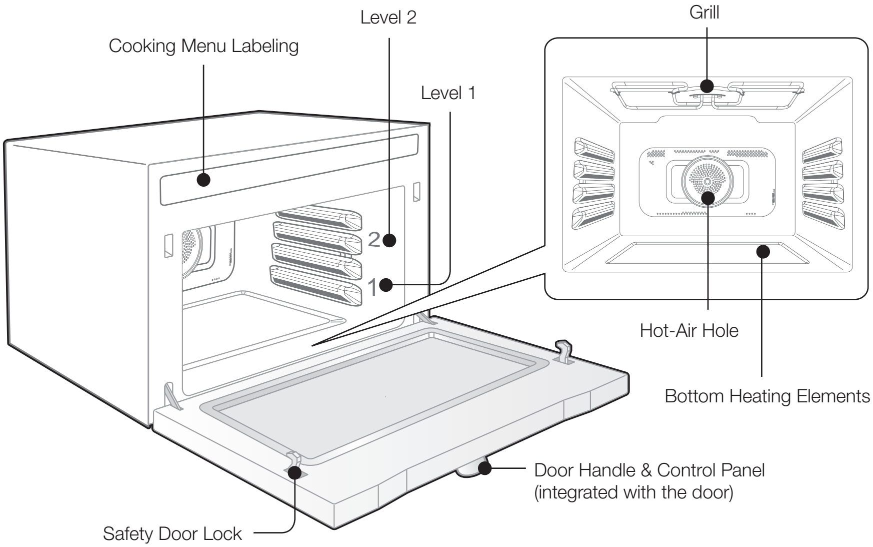
(a) A Dented, Scratched, or Broken Door, Handle, Out-Panel, or Control Panel.

(b) A Broken or missing Tray, Guide Roller, Coupler, or Wire Rack.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

oven features

CHECKING THE PRODUCT AND PARTS

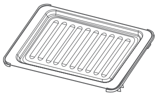
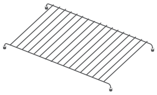

Level 2
Grill
Cooking Menu Labeling
Level 1
2
1
Hot-Air Hole
Bottom Heating Elements
Door Handle & Control Panel (integrated with the door)
Safety Door Lock

⚠

- Do not apply excessive force to the bottom of the oven. This could damage the oven.
- Do not store accessories inside the oven (unless otherwise directed). Store all accessories in their correct place. Otherwise, this may degrade cooking or cause fire.
- Do never use any accessory as direct fired container that is designed to use with gas stoves or microwave ovens. Use only the accessories provided with this oven.
- Do not use the accessories in a cooking chamber without food. Failure to do so may result in a system failure.
- To avoid burns, make sure to wear protective gloves when removing accessories after operating the oven. Accessories get hot, which may cause burns.
- Do not remove the Multi-Pan until both the pan and the oven cool down.

ACCESSORIES

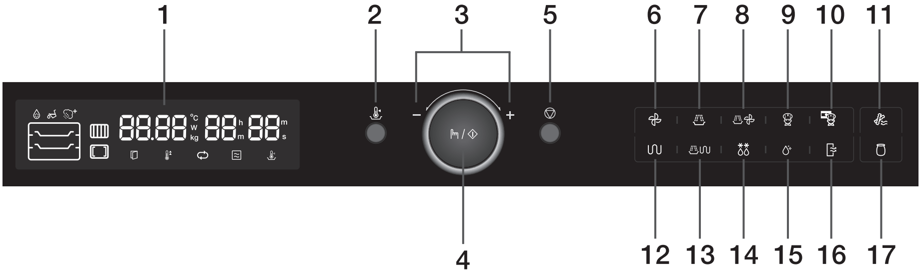
The following accessories are provided with your microwave oven:

Accessories	Range/ Rapid Defrost	Oven/ Grill	Super Steam/ Steam+	Smart Cook	Description
	✕	○	○	Select a recipe, and the necessary accessories and the rack position are displayed on the display.	**Multi-Pan** This pan is mostly used for baking bread, pies, cookies, etc. In most cases, it is used for cooking thin food such as baked fish or cooking steaks. Use the first or second shelf rack, depending on the food. Make sure to insert the pan into the applicable rack. Do not place the pan at the bottom of the oven. Do not use it for microwave and defrosting functions. This may cause fire inside the oven.
	✕	○	○		**Insert Rack** This rack is often used to remove fats and grease from food such as chicken and pork. (Use only with the Multi-Pan. Do not use it for the microwave and defrosting functions. This may cause fire inside the oven.)

⚠

- Do not use the multi-pan for the range and the defrosting functions. Failure to do so may result in a fire hazard.
- The accessories are not heat-resistant. Do not use any accessory with direct fire from gas stoves or microwave ovens. Use only the accessories provided with this oven.
- Do not use the accessories in the oven without food. Failure to do so may result in a system failure.
- To avoid burns, make sure to wear protective gloves when removing accessories after operating the oven.
  Accessories get hot, which may cause burns.
- Contact the nearest service center if you need replacement accessories.
- Put the grill on the multi-pan only.
- Do not remove the multi-pan until both the pan and the oven cool down.

CHECKING THE CONTROL PANEL



1. **DISPLAY**

   Displays the current time, cooking progress, temperature, and rack position of accessories.

2. **KEEP WARM BUTTON**

   Used to keep food warm after cooking.

3. **+/- DIAL**

   Used to set the cooking time and temperature, menu type, and the serving size/weight.

4. **SELECT/START BUTTON**

   Used to confirm selections or start cooking.

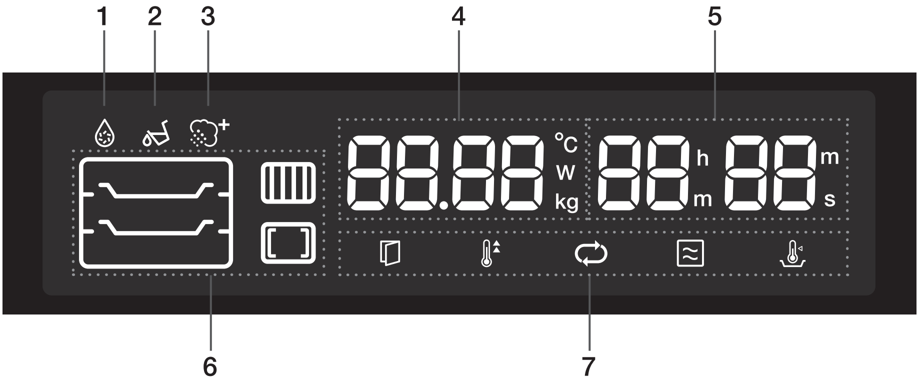
5. **STOP/CANCEL BUTTON**

   - Used to stop/cancel cooking or for power saving purposes.
   - While cooking, press it once to stop cooking, and press it twice to cancel cooking.
   - When the oven enters the power saving mode, the display panel will not display information.

6. **CONVECTION BUTTON**
7. **MICROWAVE BUTTON**
8. **MICROWAVE+CONVECTION BUTTON**
9. **SMART AUTO COOK BUTTON**
10. **INDIAN RECIPE BUTTON**
11. **SLIM FRY COOK BUTTON**
12. **GRILL BUTTON**
13. **MICROWAVE+GRILL BUTTON**
14. **POWER DEFROST BUTTON**
15. **STEAM CLEAN BUTTON**
16. **DEODORIZATION BUTTON**
17. **DOUGH PROOF/YOGURT BUTTON**

- For details of their respective operations, refer to page 22.

DISPLAY



1. **Descaling**

   Blinks if the steam generator needs to be cleaned. (Not applicable on this model)

2. **Refill**

   Turns on if the water tank is not installed properly, or the water tank needs to be refilled. (Not applicable on this model)

3. **Steam Plus**

   Turns on when using steamed auto cooking. (Not applicable on this model)

4. **Weight/Temperature/Power**

   Displays the weight (kg) of food, temperature (°C), and the power (W) consumed.

5. **Time Display**

   Displays the current time, cooking time.

6. **Accessories and Rack Position**

   ▥ **:** Insert rack

   ▣ **:** Multi-Pan

   ⊟ **:** Level 1

   ⊟ **:** Level 2

7. **Description**

- **Door Open** : Turns on if the door is opened while the oven is operating. (While the door is open, all the buttons and the dial are disabled to prevent an unintended operation.)
- **Preheat** : After you set the temperature, the preheat indicator turns on when pressing the **SELECT/ START** (☝ / ◇) button, and it turns off when the preheating process is complete.
- **Operating** : Turns on while the oven is operating.
- **Cooling** : Turns on when the oven is cooling down.
- **Keep Warm** : Turns on when the Keep Warm function is in process.

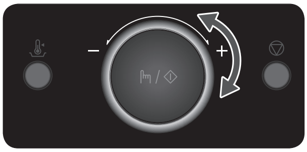
before you begin

SETTING THE CLOCK

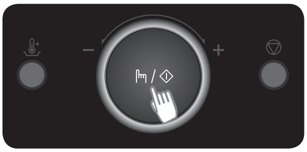
When the appliance is first plugged in, the DISPLAY lights up. After three seconds, the Clock symbol and “12:00” blink on the DISPLAY.

Setting the clock

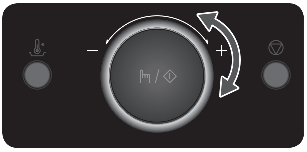
1. Turn the **+/- DIAL** to set the current hour **(h)**.



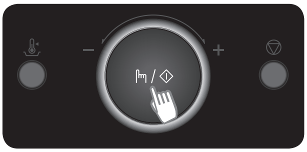
2. Press the **SELECT/START** (☝ / ◈) button.
   The **(m)** indicator blinks.



3. Turn the **+/- DIAL** to set the current minute **(m)**.

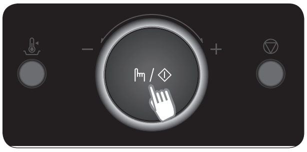


4. Press the **SELECT/START** (☝ / ◈) button.
   This will complete the time settings.

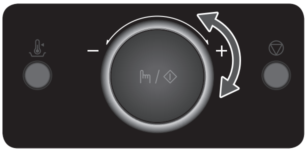


Re-setting the clock

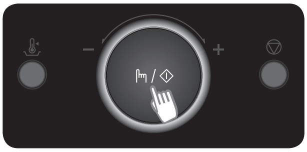
1. With the current time displayed, press the **SELECT/START** (☝ / ◈) button to change the current time.



2. Repeat steps 1 through 4 above to set the time.



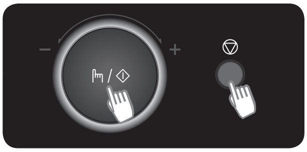
3. Press the **SELECT/START** (☝ / ◇) button.
   The time settings will be finished unless you set the time within 7 seconds.

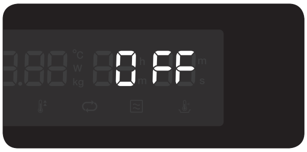


SWITCHING OFF THE BEEPER

You can choose to enable or disable the key tone, buzzer, or alarm.
This setting should be done when the current time is displayed.

1. To turn off the sound, hold down both the **SELECT/START** (☝ / ◇) button and the **STOP/CANCEL** (▽) button for one second.
   "OFF" is displayed and no sound is emitted.





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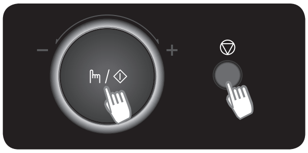
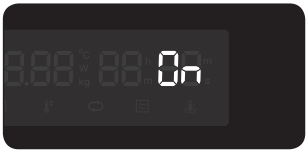
2. To turn the sound back on, hold down both the **SELECT/START** (☝ / ◇) button and the **STOP/CANCEL** (▽) button for one second.
   "ON" is displayed and the sound is output normally.

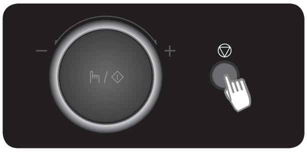




POWER SAVING

In this mode, you can reduce power consumption.

1. With the current time displayed, press the **STOP/CANCEL** (▽) button. No message is displayed on the display.



Auto energy saving function

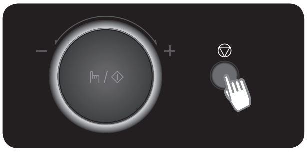
If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled after 25 minutes.
Oven Lamp will be turned off after 5 minutes with door open condition.

CHILD SAFETY LOCK

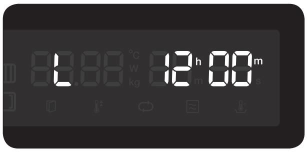
This safety lock is to prevent children from being hurt or injured from an accident or a system failure. It is advisable to set the lock when you leave children home alone. This setting should be done when the current time is displayed.

To lock the oven

1. Press the **STOP/CANCEL** (▽) button during 3 seconds.

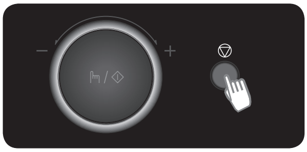


2. With a beep, **(L)** is displayed and all the buttons are disabled.

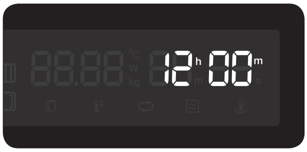


To unlock the oven

1. Press the **STOP/CANCEL** (▽) button during 3 seconds.



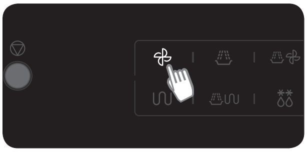
2. With a beep, **(L)** disappears and all the buttons and functions are enabled.



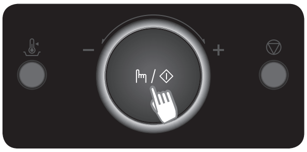
IDLE

Useful for the first time use of the oven or if the oven emits unpleasant odors.
(The oven may emit smoke or unpleasant odors at first. This is normal.)
Move any pets to another area. Open a window to ventilate the room.

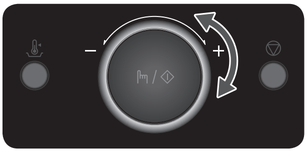
1. Make sure the oven is empty.
2. Press the **CONVECTION** (✤) button on the touch panel.



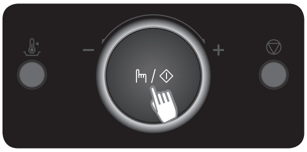
3. When the 180 °C temperature message blinks, press the **SELECT/START** (☝ / ◈) button.



4. Using the **+/- DIAL**, set the cooking time to 10 minutes.



5. Press the **SELECT/START** (☝ / ◈) button.
   The idle mode starts.



⚠ This oven generates extremely high temperatures inside. Use protective gloves for your safety.

If the oven emits unpleasant odors, wipe out any food residue inside the oven and run the idle mode.

AUTO COOLING

This mode is useful for cooling down the oven.
To cool down the oven, the cooling fan automatically rotates for 3 minutes after the oven is used. During this time, the **Cooling** (≈) icon is displayed. This is normal.
Using the oven for an extended period of time may affect its performance. For extended periods of use, adjust the cooking time or resume using the oven after it has cooled down.
The auto cooling function is set by default.

TYPES OF HEATING

Oven modes

The following table represents the various oven modes and settings of your oven. Use the cooking guide tables for those modes as guidelines for cooking.

Mode	Description
	CONVECTION Food is heated by two heating elements on top and back of cavity while the fan from back distributes the hot air evenly. This setting is suitable for roasting meat, baking gratins and cake.
	GRILL Uses the direct fire from the upper grill to broil food. This mode is especially useful for fish or steak.
	MICROWAVE Microwave energy is used to cook, reheat or defrost food. By using this mode you can save time. It provides efficient cooking without changing colour or shape of food. Time and power level is selected manually according to types of food and its weight.
	MICROWAVE+GRILL Food is heated by the top heating elements combined with a cycle of microwave energy. We recommend this mode for grilling chicken pieces, fish and frozen snacks.
	MICROWAVE+CONVECTION Food is heated by convection heating element, combined with a cycle of microwave energy. this setting is suitable for speed roasting meat and speed baking gratins and frozen convenience food.
	STEAM CLEAN By the help of hot steam the surface of the oven cavity will be soaked and you can easily clean your oven. The steam clean programme takes only 15 minutes time.
	DEODORIZATION Use this feature after cooking odorous food or when there is a lot of smoke in the oven interior. First clean the oven interior.

Mode	Description
	KEEP WARM This mode is suitable for keeping warm food. (Do not keep food warm for longer than 2 hours. Warm food spoils more quickly). Temperature: 40 °C

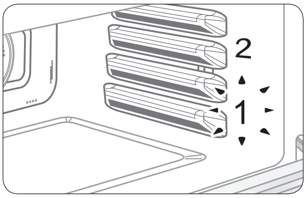
Automatic functions

The following table represents additional programmes and functions.

Mode	Description
	POWER DEFROST Five pre-programmed power defrost settings can be selected for your convenience. Time and power level will be set automatically. You simply select programme and weight and start the defrosting process.
	SMART AUTO COOK 24 pre-programmed smart auto cook settings can be selected for your convenience. Time and temperature will be set automatically. You simply select the programme, the weight of your dish and start cooking process.
	SLIM FRY COOK You don’t need to set either cooking time or power level. You can adjust the slim fry cook category in user manual. You will use less oil compared to frying with oil fryer. Using this function, you can feel that is much more healthy as you reduce use of oil.
	DOUGH PROOF/YOGURT You can use the dough proof/yogurt function of the smart oven to keep the inside of the oven at a certain degree, optimized for fermenting yeast plants and lactobacilli.
	INDIAN RECIPE You do not need to set either the cooking times or the power level. You can adjust the Indian recipe category in user manual.

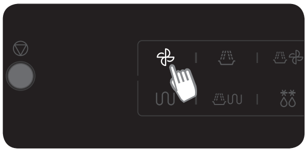
USING THE CONVECTION MODE

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air. The heating element and the fan are situated on the back-wall, so that the hot air is circulated.
Place the food on multi-pan or multi-pan + insert rack in level 1.

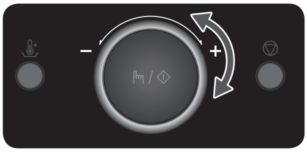


Convection mode setting

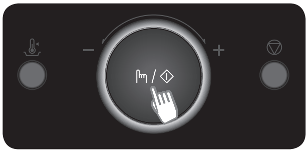
1. Press the **CONVECTION** (✣) button on the touch panel.



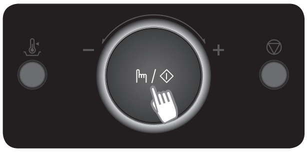
2. When the 180 °C temperature message blinks, turn the **+/- DIAL** to select a cooking temperature.
   (temperature range: 40-230 °C)



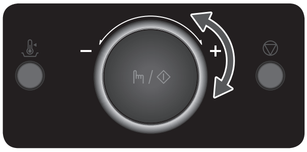
3. Press the **SELECT/START** (☝ / ◈) button.



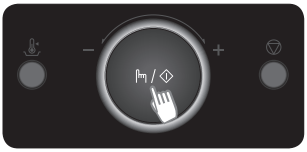
4. If you wish to preheat, press the **SELECT/START** (☝ / ◈) button.
   - After preheating, the **Preheat** (🌡) symbol disappears with a beep.
   - Be careful the cooking chamber is very hot inside.
   - Use the accessories according to the food and the cooking type.



5. Turn the **+/- DIAL** to set the cooking time.
   - The cooking time can be adjusted using the **+/- DIAL**.
     (Max: 1 hour 30 minutes)



6. Press the **SELECT/START** (☝ / ◈) button.
   - The convection mode starts.
   - The cooking time can be adjusted using the **+/- DIAL**.
   - The cooking temperature can be adjusted by holding down the **SELECT/START** (☝ / ◈) button and turning the **+/- DIAL** when the temperature message blinks.



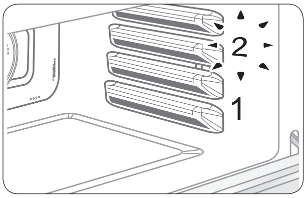
Cooking guide

Use settings and times in this table as guide lines for baking and roasting. We recommend to preheat the oven to the desired temperature.

Food Item	Shelf Level	Convection Mode (°C)	Accessory	Time (min.)
Frozen Pizza (350 g)	1	200 °C	Multi-pan	15-18
Frozen French Fries (450 g)	1	200 °C	Multi-pan	18-20
Frozen Bread Roll (250 g)	1	160 °C	Multi-pan	7-9
Homemade Pizza (1300 g)	1	200 °C	Multi-pan	20-25
Sponge Cake (500 g)	1	160 °C	Multi-pan	30-35
Marble Cake (700 g)	1	150 °C	Multi-pan	50-60
Muffins (300-350 g)	1	160 °C	Multi-pan	28-33
Cookies (200 g)	1	180 °C	Multi-pan	10-15

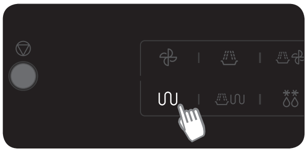
USING THE GRILL MODE

The grill-heating elements are located underneath the ceiling of the cavity.
It operates while the door is closed. Preheating the grill for 2-3 minutes will make the food brown more quickly.
The grill enables you to heat and brown food quickly, without using microwaves. Place the food on the multi-pan or multi-pan + insert rack in level 2.

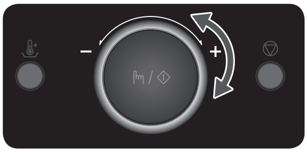


Grill mode setting

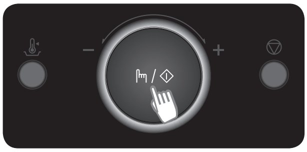
1. Press the **GRILL** (⩊) button on the touch panel.



2. To grill food, turn the **+/- DIAL** to set the cooking time. No temperature setting is necessary.
   (Max 60 minutes)



3. Press the **SELECT/START** (☝ / ◇) button.
   - The grill mode starts.
   - The cooking time can be adjusted using the **+/- DIAL**.



For fish : To reduce the fish smell, add one or two slices of lemon or a teaspoon of baking soda to the fish.

Always use oven gloves when touching the recipients in the oven, as they will be very hot.

Cooking guide

Use settings and times in this table as guide lines for grilling.
We recommend to preheat the oven with Grill Mode for 2-3 minutes.

Food Item	Shelf Level	Mode	Accessory	Time (min.)
Toast (4 slices)	2	Grill	Multi-pan with Insert rack	1st side: 2-4.25 2nd side: 2-3
Cheese Toast (4 pcs)	2	Grill	Multi-pan with Insert rack	7-8
Lamb Chops (400 g)	2	Grill	Multi-pan with Insert rack	1st side: 8-10 2nd side: 6-8
Fresh Vegetables (250 g)	2	Grill	Multi-pan with Insert rack	12-15

HOW A MICROWAVE OVEN WORKS

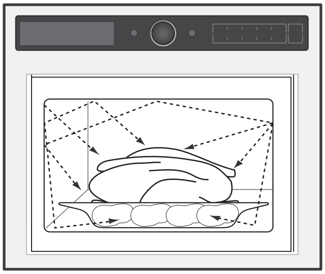
Microwaves are high - frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.

You can use your microwave to:

- Defrost
- Cook

Cooking principle

1. The microwaves generated by the magnetron are distributed uniformly by using a stirrer distribution system. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the container used and the properties of the food:
    - Quantity and density
    - Water content
    - Initial temperature (Refrigerated or not)



As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven.
Standing times specified in recipes and in this booklet must therefore be respected to ensure.

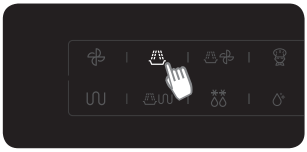
- Even cooking of the food right to the centre
- The same temperature throughout the food

USING THE MICROWAVE MODE

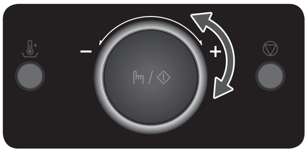
Place the food on a heat-resistant dish, and place the dish at the bottom of the oven.

Microwave mode setting

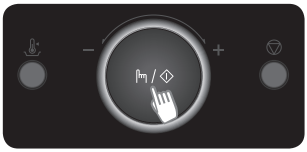
1. Press the **MICROWAVE** ( ) button on the touch panel. Power level and time will appear on DISPLAY.



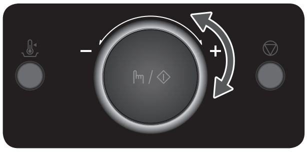
2. Turn the **+/- DIAL** to set desired power levels.
    - Default : 800 W
    - 100, 180, 300, 450, 600, 700, 800 W



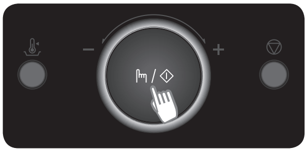
3. Press the **SELECT/START** (/) button.



4. Turn the **+/- DIAL** to set desired cooking time. (The maximum cooking time is 90 minutes.)



5. Press the **SELECT/START** (/) button.



- Refer to cooking guides pages 29-33 for guidelines on appropriate cooking times and power levels.
- You can change the cooking time and temperature during the cook.
    - Just turn the **+/- DIAL** or press **SELECT/START** (/) button.

⚠
- Do not use the multi-pan, insert rack, aluminum foil, or gilt/tin foil. This may cause fire.
- A sealed container or packed food, such as eggs or chestnuts, can blow-up during cooking. Put such food on a heat-resistant dish before cooking.
- Liquids can boil over, resulting in burns when removing the dish. Wait at least 30 seconds before removing the dish.

Guide to microwave power levels

Power Level	Percentage (%)	Output Power (W)	Remark
HIGH	100	800	For heating up liquids.
HIGH LOW	83	700	For heating up and cooking food.
MEDIUM HIGH	67	600	For heating up and cooking food.
MEDIUM	50	450	For cooking meat and heating up delicate foods.
MEDIUM LOW	33	300	
DEFROST	20	180	For defrosting and continued cooking.
LOW	11	100	For defrosting delicate foods.

Microwave cookware guide

Cookware used for Microwave Mode must allow microwaves to pass through and penetrate food. Metals such as stainless steel, aluminum and copper reflect microwaves. Therefore, do not use cookware made of metallic materials. Cookware marked microwave - safe is always safe for use. For additional information on appropriate cookware refer to the following guide.

Cookware	Microwave-Safe	Comments
Aluminium foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crusting plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast - Food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-table ware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.

Cookware	Microwave-Safe	Comments
Metal		
- Dishes	×	May cause arcing or fire.
- Freezer bag twist ties	×	
Paper		
- Plates, cups, napkins and Kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
- Recycled paper	×	May cause arcing.
Plastic		
- Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
- Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
- Freezer bags	✓×	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

"Arcing" is the microwave term for sparks in the oven.

✓ : Recommended
✓×: Use Caution
× : Unsafe

Microwaves

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

Cooking

Cookware for microwave cooking:

Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:

Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with special hints and tips).

Covering during cooking

To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times

After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (800 W).

Food	Portion	Time (min.)	Standing Time (min.)	Instructions
Potatoes	500 g	7-8	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Broccoli	250 g	3½ -4	3	Prepare even sized florets. Arrange the stems to the centre.
Carrots	250 g	4 -4½	3	Cut carrots into even sized slices.
Cauliflower	500 g	7- 7½	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	3- 3½	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.

Cooking Guide for rice and pasta

Rice - Use a large glass pyrex bowl with lid – rice doubles in volume during cooking. Cook covered. After the cooking time is over, stir before standing time and add salt, herbs and butter.

The rice may not have absorbed all water after the cooking time is finished.

Pasta - Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered. Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing Time (min.)	Instructions
White Rice (parboiled)	250 g	800 W	15-16	5	Add 500 ml cold water.
Brown Rice (parboiled)	250 g	800 W	20-21	5	Add 500 ml cold water.
Pasta	250 g	800 W	10-11	5	Add 1000 ml hot water.

Reheating

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take. Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat – they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 800 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).

Stir well or turn food over during reheating for best results. When possible, stir again before serving.

Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.
It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken – for future reference.

Always make sure that the reheated food is piping hot throughout.

Allow food to stand for a short time after reheating - to let the temperature even out.

The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.

Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

Reheating liquids

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

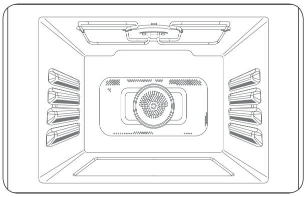
Reheating Liquids and Food

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing Time (min.)	Instructions
Drinks (coffee, tea and water)	250 ml (1 mug) 500 ml (2 mugs)	800 W	1½-2 3-3½	1-2	Pour into ceramic mugs and reheat uncovered: 1 mug in the centre, 2 mugs opposite of each other. Keep in microwave oven during standing time and stir well.
Soup (chilled)	250 ml 450 ml	800 W	2-2½ 3½-4	2-3	Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (chilled)	350 g	600 W	4-5	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Pasta with Sauce (chilled)	350 g	600 W	3-4	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.
Filled Pasta with Sauce (chilled)	350 g	600 W	4-5	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated Meal (chilled)	300 g 400 g	600 W	5-6 6-7	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film. After half time, turn around the food for good result.

USING THE MICROWAVE+GRILL MODE

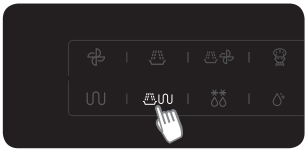
Food is heated by the top heating elements combined with a cycle of microwave energy.



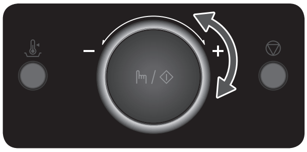
Microwave+Grill (≋∿) mode setting

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

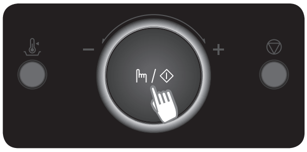
1. Press the **MICROWAVE+GRILL** (≋∿) button on the touch panel. Power level and time will appear on DISPLAY.



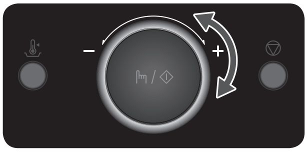
2. Turn the **+/- DIAL** to set desired power levels.
   - Default : 600 W
   - 100, 180, 300, 450, 600 W



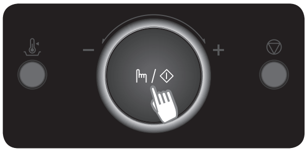
3. Press the **SELECT/START** (☝ / ◈) button.



4. Turn the **+/- DIAL** to set desired cooking time. (The maximum cooking time is 90 minutes.)



5. Press the **SELECT/START** (☝ / ◈) button.



- Using improper accessories may affect the spark and cooking performance.
- Do not put food directly on the bottom of the oven without using a container.
- Refer to cooking guides pages 35 for guidelines on appropriate cooking times and power levels.
- You can change the cooking time during the cook.
  - Just turn the **+/- DIAL** or press **SELECT/START** (☝ / ◈) button.

Cookware for cooking with microwaves + grill:

Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwaves + grill cooking:

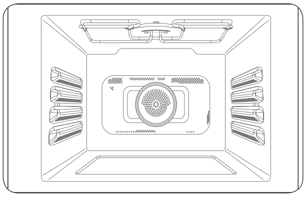
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Cooking guide

Food Item	Shelf Level	Mode	Accessory	1. Side Time (min.)	2. Side Time (min.)
Grilled Tomatoes (400 g, 2 pcs)	2	300 W + Grill	Multi-pan with Insert rack	4-5	-
Tomato-Cheese Toast (300 g, 4 pcs)	2	300 W + Grill	Multi-pan with Insert rack	3-4	-
Toast Hawaii (ham, pineapple, cheese slices) (500 g, 4 pcs)	2	300 W + Grill	Multi-pan with Insert rack	4-5	-
Baked Potatoes (500 g)	2	600 W + Grill	Multi-pan with Insert rack	7-8	-
Roast Fish (400-500 g)	2	300 W + Grill	Multi-pan with Insert rack	5-7	5 ½-6 ½

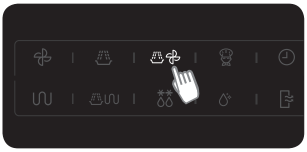
USING THE MICROWAVE+CONVECTION MODE

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface.
Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

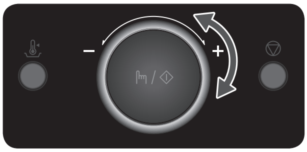


Microwave+Convection () mode setting

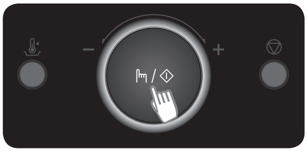
1. Press the **MICROWAVE+CONVECTION** () button on the touch panel. Power level and time will appear on DISPLAY.



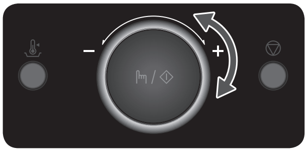
2. Turn the **+/- DIAL** to set desired power levels.
    - Default : 600 W
    - 100, 180, 300, 450, 600 W



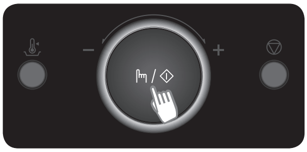
3. Press the **SELECT/START** (☝ / ◇) button.



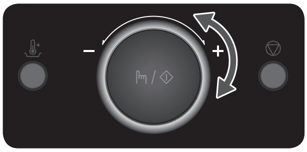
4. Turn the **+/- DIAL** to set desired temperature.
    - Default : 180 °C
    - 40-200 °C



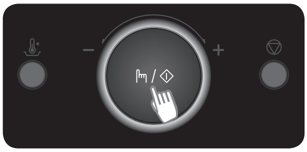
5. Press the **SELECT/START** (☝ / ◇) button.



6. Turn the **+/- DIAL** to set desired cooking time. (The maximum cooking time is 90 minutes.)



7. Press the **SELECT/START** (☝ / ◇) button.



- Using improper accessories may affect the spark and cooking performance.
- Do not put food directly on the bottom of the oven without using a container.
- Refer to cooking guides pages 37 for guidelines on appropriate power level, temperature and cooking time.
- You can chage the cooking time and temperature during the cook.
    - Teamperature : Press the **SELECT/START** (☝ / ◇) button and then turn the **+/- DIAL**.
    - Cooking time : Just turn the **+/- DIAL**.

Important

1. ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
2. ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.
3. Check that the heating element is in the horizontal position.

Cookware for cooking with microwave + convection:

Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under MW + Grill.

Food suitable for microwave + convection cooking:

All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scone rounds and breads.

Cooking guide

Preheat the convection to the desired temperature.
Use the power levels and times in this table as guide lines for convection cooking.

Food Item	Shelf Level	Mode	Accessory	Cooking Time (min.)	Standing Time (min.)
Frozen Lasagne (400 g)	The bottom of the oven	200 °C / 450 W	Insert rack	13-15	3
Baked Potatoes (500 g, 2-3 pcs)	The bottom of the oven	200 °C / 600 W	Insert rack	1st side: 5-7 2nd side: 4-6	5
Whole Chicken (1200 g)	The bottom of the oven	200 °C / 450 W	Oven dish on Insert rack	1st side: 20-22 2nd side: 16-18	5
Frozen Cake (500 g)	The bottom of the oven	160 °C / 180 W	Insert rack	11-13	5

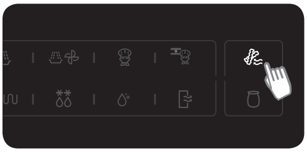
USING THE SLIM FRY COOK MODE

The 10 slim fry cook features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.
You can adjust the slim fry cook category by press the slim fry cook button.

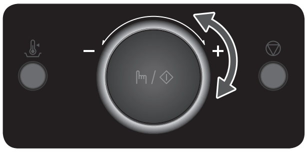
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly. ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

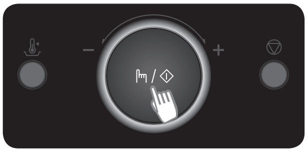
Slim fry cook mode setting

1. Press the **SLIM FRY COOK** () button.

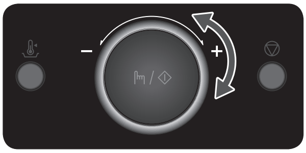


2. Turn the **+/- DIAL** to select the type of food, and press the **SELECT/START** (☝ / ◇) button. (Refer to the table on page 38-39.)

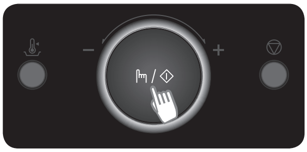




3. Select the serving size of food by turning the **+/- DIAL**.



4. Press the **SELECT/START** (☝ / ◇) button.



Using Slim Fry Features

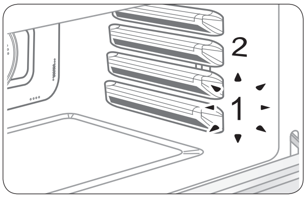
The following table presents the 10 Slim Fry auto programmes for frying.
It contains its quantities, standing times and appropriate recommendations.
You will use less oil compared to frying with oil fryer, while you will get tasty results.
Programmes are running with a combination of convection, top heater and microwave energy.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
1	**Frozen Oven Chips** **	0.3-0.35 kg 0.45-0.5 kg	-	Distribute frozen oven chips evenly on the multi-pan. Insert in shelf level 1. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
2	**Frozen Prawns** **	0.2-0.25 kg 0.3-0.35 kg	-	Distribute frozen breaded prawns evenly on the multi-pan. Insert in shelf level 1.
3	**Frozen Chicken Nuggets** **	0.2-0.25 kg 0.35-0.4 kg	-	Distribute frozen frozen chicken nuggets evenly on the multi-pan. Insert in shelf level 1.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
4	**Frozen Potato Croquettes**	0.2-0.25 kg 0.3-0.35 kg	-	Distribute frozen potato croquettes evenly on the multi-pan. Insert in shelf level 1.
5	**Frozen Mini Spring Rolls**	0.2-0.25 kg 0.35-0.4 kg	-	Distribute frozen mini spring rolls evenly on the multi-pan. Insert in shelf level 1.
6	**Homemade French Fries**	0.3-0.35 kg 0.45-0.5 kg	1-2	Preheat the oven up to 200 °C. Use hard to medium type of potatoes and wash them. Peel potatoes and cut into sticks with a thickness of 10x10 mm. Soak in cold water (for 30 min.). Dry them with a towel, weigh them and brush with 5 g olive oil. Distribute homemade fries evenly on the multi-pan. Insert in shelf level 1. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
7	**Potato Wedges**	0.2-0.25 kg 0.3-0.35 kg 0.4-0.45 kg	1-2	Wash normal sized potatoes and cut them into wedges. Brush with olive oil and spices. Put them with the cut side on the multi-pan. Insert in shelf level 1.
8	**Drumsticks**	0.2-0.25 kg 0.3-0.35 kg 0.4-0.45 kg	1-2	Weigh drumsticks and brush with oil and spices. Place them evenly on multi-pan with insert rack. Insert in shelf level 2. Turnover after beep sounds, oven will stop process. Press start to continue.
9	**Sliced Courgettes**	0.1-0.15 kg 0.2-0.25 kg	-	Rinse and slice courgettes. Brush with 5 g olive oil and add spices. Put slices evenly on the multi-pan and inset in shelf level 2. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
10	**Apple Halves**	0.3-0.35 kg 0.4-0.45 kg	-	Rinse and core apples (each 150 g). Cut them into halves horizontally. Put halves with the cut side down on multi-pan, add filling e.g. raisins or grated almonds. Insert in shelf level 1. After cooking serve with vanilla ice cream.

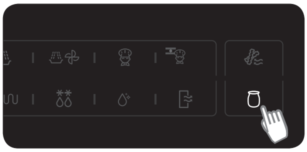
USING THE DOUGH PROOF/YOGURT MODE

The features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the dough proof/yogurt category by press the dough proof/yogurt button.
Put the food on the multi-pan and insert in shelf level 1.

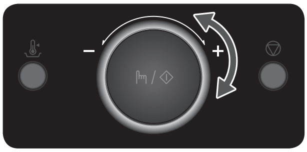


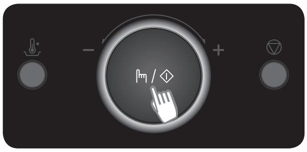
Dough Proof/Yogurt mode setting

1. Press the **DOUGH PROOF/YOGURT** (▯) button on the touch panel.

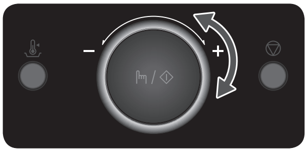


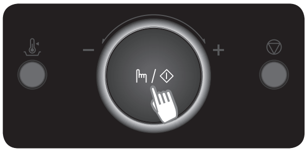
2. Turn the **+/- DIAL** to select one from 1 or 2, and press the **SELECT/START** (☝ / ◇) button. (1-Dough Proof, 2-Yogurt)





3. Turn the **+/- DIAL** to select a menu, and press the **SELECT/START** (☝ / ◇) button. (Refer to table on page 41 for a description.)
    - The Auto Cook starts.





Using the Dough Proof/Yogurt Feature

The following table presents how to use the auto programme for dough proof and yogurt.

Code		Food	Serving Size	Standing Time	Recommendations
Dough Proof	**1-1**	**Pizza Dough**	0.3-0.5 kg	-	Put dough in suitable sized bowl and set on multi-pan, shelf level 1. Cover with cling film.
	1-2	**Cake Dough**	0.5-0.8 kg	-	Put dough in suitable sized bowl and set on multi-pan, shelf level 1. Cover with cling film.
	1-3	**Bread Dough**	0.6-0.9 kg	-	Put dough in suitable sized bowl and set on multi-pan, shelf level 1. Cover with cling film.
Yogurt	**2-1**	**Small Dishes** x 5	0.5 kg	6 hours in fridge	Distribute 150 g yogurt into 5 ceramic cups or small glass jars evenly (30 g each). Add 100 ml milk into each cup. Use long-life milk (room-temperature; 3,5 % fat). Cover each with cling film and set on multi-pan, shelf level 1.
	2-2	**Large Glass Bowl**	0.5 kg	6 hours in fridge	Mix 150 g natural yogurt with 500 ml long-life milk (room-temperature; 3,5 % fat). Pour evenly into large glass bowl. Cover with cling film and set on multi pan, shelf level 1.

Basic Yeast Dough Recipes:

Pizza

Mix 300 g white flour, 1 package dried yeast (7 g), 1 teaspoon sugar, and 1 teaspoon salt. Add 200 ml luke warm water, 1 tablespoon olive oil and prepare dough using knead function of your kitchen-machine for 5 minutes.

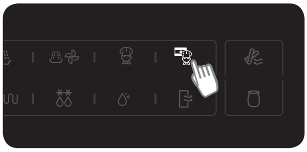
Cake

Mix 500 g white flour, 1 package dried yeast (7 g), 50 g sugar, and ¼ teaspoon salt. Add 250 ml warm milk (to warm chilled milk use 30-40 seconds. with 800 W) and mix well. Add 100 g soft butter (to soften chilled butter use 30-40 seconds with 800 W), and 1 fresh egg (room-temperature). Prepare dough using knead function of your kitchen-machine for 5 minutes.

USING THE INDIAN RECIPE MODE

The 200 Indian recipe cook features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.
You can adjust the Indian recipe category by press the Indian recipe button.
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly. ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

1. Press the **INDIAN RECIPE** ( ) button.



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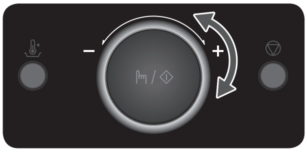
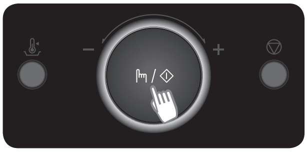
2. Turn the **+/- DIAL** to select the type of food, and press the **SELECT/START** (☝ / ◇) button. (Refer to the table on page 43-102.)





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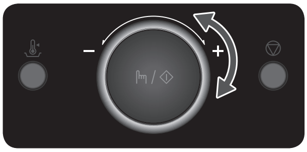
3. Select the menu of food by turning the **+/- DIAL**.



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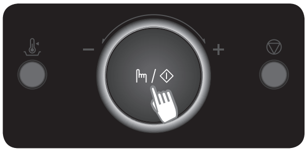
4. Press the **SELECT/START** (☝ / ◇) button.



Using the Indian Recipe Feature

The following table presents the 200 Indian Recipe auto programmes.
It contains its quantities, standing times and appropriate recommendations.
Programmes are running with a combination of convection, top heater and microwave energy.

Veggie (1-5)

Code	Food	Serving Size	Ingredients	Recommendations
1 Soups & Snacks				
1-1	**Tomato Soup**	400-500g	Tomato - 6ea (medium size), Garlic - 7~8 Cloves, Carrot - 1ea (small size), Celery - 1 stalk, Onion - 1ea (medium size), Pepper corns - 5~6 , Oil - 1 tbsp., Butter - 1 tbsp., Salt & sugar as per your taste, Cream - 2 tbsp. Water - 2 cups	Wash all vegetables. Cut tomatoes into quarters. Peel & chop garlic. Peel & cut carrots in rounds. Chop celery, slice onion & crush pepper corns. In microwave safe glass bowl put oil onion, carrot, celery and garlic. Add 2 cups of water & cook. When beep, let it be cool and then blend in blender. Pour them in microwave safe glass bowl and add butter, tomato puree, salt and sugar. Stir well and cook. After cook strain and add cream and serve it hot.
1-2	**Sweet Corn Soup**	300-350g	Sweet corn - 0.2 kg, Water - 1.5 cup, Oil - 1 tbsp., Corn flour - 1tbsp, Chopped onion - 2 tbsp., Green chili - 1 ea(chopped), Salt, Sugar, Pepper corns as per your taste	Grind sweet corn with water(0.5 cup). Put it in microwave safe glass bowl and cook. When beep, add oil, green chili, onion, flour, water(1 cup), salt, sugar and pepper corn. Mix well and cook.
1-3	**Mushroom Soup**	400-450g	Potato - 1ea, Cabbage - 50 g, Onion - 1ea(small size), Mushroom - 100 g, Tomato sauce - 2 tbsp., Oil - 2 tbsp., Water - 2 cups, Salt, Sugar, Pepper as per taste	Chop all vegetables. In microwave safe glass bowl put potato, cabbage, onion, 2 cups of water and cook. When beep, grind the stalk with some water and then add oil, chopped mushroom, salt, black pepper, sugar and tomato sauce. Mix well and press start. Serve hot and garnish with grated cheese.

Code	Food	Serving Size	Ingredients	Recommendations
1-4	**Spinach Soup**	400-500g	Spinach leaves - 2 cup(chopped), Butter - 1 tbsp., Milk - 1/2 cup, Salt, Pepper, Nutmeg powder as per your taste	In microwave safe glass bowl Put spinach leaves and some water. When beep, blend the spinach to a smooth puree in a blender. And then add butter, the milk, salt, pepper, and nutmeg powder. Mix well and press start.
1-5	**Tom Yum Soup**	300-350g	Mushroom - 6~7 (chopped), Fresh coriander leaves a few spring, Green or fresh red chili - 3~4, Lemon grass - 4 inches stalk, Lime leaves - 4~5, Salt as per your taste, Thai red curry paste - 2 tbsp., Lemon juice - 2 tbsp., Water - 4 cups	In microwave safe glass bowl add 4 cups of water, lemon grass, lime leaves, 2 red or green chili and salt. Mix well and cook. When beep, grind the stalk with some water and then add oil, chopped mushroom and Thai red curry paste. Serve hot with Lemon juice & red or green chili.
1-6	**Mix Vegetable Soup**	400-500g	Carrot - 1ea (medium size, chopped), Cauliflower - 50 g(chopped), Onion - 2 tbsp.(chopped), Green peas - ¼ cup, Butter - 1 tbsp., Milk - 1 cup, Salt & pepper as per your taste, Water - 1cup	In microwave safe glass bowl add 1 cup of water, carrot, cauliflower and green peas. When Beep, grind the stalk with some water. Put the butter in a glass bowl. Add chopped onion, stalk, milk, salt and pepper. Mix well and press start. Serve hot.
1-7	**Cream of Lettuce Soup**	400-500g	Lettuce leaves - 2 cups, Onion – 2ea (chopped), Milk - 2 cups, Plain flour - 2 tbsp., Butter - 2 tbsp., Salt, Sugar, Pepper as per your taste	In microwave safe glass bowl add lettuce leaves with water and cook. When beep, grind the stalk with some water and then put the butter, plain flour, onion, puree, milk, salt, sugar and pepper. Mix well and press start. Serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
1-8	**Garlic Bread**	300-400g	Bread(French) - 3 slices, Butter - 3 tbsp., Garlic - 2 tbsp., Grated cheese - 3 tbsp., Salt, Pepper, Oregano, Chili flakes as per taste.	Pre-heat the oven 200°C with the convection function. Mix butter, garlic, salt, pepper, oregano and make a paste. Apply this paste on both sides of the bread and sprinkle grated cheese and chili flakes. Put these breads on multi-pan and insert in level 1. When beep, select menu and cook.
1-9	**Vegetable Pizza**	200-250g	Pizza Base - 100 g, Pizza toping - 3 tbsp., Mixed vegetables (Tomato, Capsicum, Onion) - 1 cup, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning	Pre-heat the oven 200°C with the convection function. Add pizza toping mixed vegetable and cheese on pizza base. Put the pizza on multi-pan and insert in level 1. When beep, select menu and cook. Serve with oregano and chili flakes on top.
1-10	**Dhokla**	200 g	Gram flour - 200 g, Warm water - 75 ml, Curd - 3 tbsp., Green chili-ginger paste - 1 ½ tsp , Fruit salt - 1 ½ tsp, Salt, Sugar as per your taste	Grease the microwave safe flat dish, with little oil. Mix gram flour, curd, sugar, salt, water, ginger-green chili paste, yellow color, fruit and salt together. Pour the mixture in greased dish and cook. Cut it into pieces, garnish with grated coconut and coriander and serve with sauce or chutney.
1-11	**Lazeez Paneer Toast**	4 slices	Butter - 1 ½ tbsp., Brown or white bread - 4 slices, Garlic (5-6 Flakes, crushed and chopped) - 1 tsp., Leaves of Palak (Spinach + washed & shredded) - 100 g, Paneer - 150 g, Basil or Coriander -1 tbsp. (chopped), Mozzarella cheese (grated) - 5 tbsp., Salt & Pepper - each ¼ tsp., Red chili flakes as per your taste	Wash and shred the spinach leaves into thin ribbons. In microwave safe bowl add butter, garlic, spinach and cook with MWO 800W for 4 min. When beep add grated paneer, basil, mozzarella cheese and mix well. Spread the mixer on the toast. Pre-heat the oven 200 °C with the convection function. When beep take spread bread slice on the multi-pan, insert in level 1 and cook.

Code	Food	Serving Size	Ingredients	Recommendations
1-12	**Poha**	300-400g	Poha - 0.3 kg, Oil - 3 tbsp., Onion - 1 cup(chopped), Green chili - 4 ea, Mustered, Cumin, Asafetida, Turmeric, Curry leaves for tempering, Grated coconut & Coriander for garnishing	In microwave safe bowl put oil mustered, cumin, green chili, onions, turmeric powder curry leaves. Mix well and cook. When beep add washed poha, salt and sugar to taste. Mix well and press start. Garnish coconut and coriander. Serve hot.
1-13	**Upama**	300-400g	Rava Suji (Semolina) - 1 cup or 100 g, Oil - 2 tbsp., Mustered - 2tsp., Cumin - 2 tsp., Urad Dal (Black Gram) - ½ tsp., Green Chilies - 2 ea, Curry Leaves - 7~8, Water - 200 ml, Sugar & Salt as per your taste, Lemon Juice - 1 tsp.	In microwave safe bowl put oil, muster seeds, cumin, black gram, green chilies, curry leaves, and rava suji/semolina. Mix well and cook. When beeps add water, sugar and salt to taste, lemon juice, mix well and then press start. Garnish with coriander and bhujiya.
1-14	**Daliya**	300-400g	Daliya - 100 g, Sugar - 75 g, Milk and water - each 200ml, Ghee - 1 tbsp., Cardamom powder, Kishmish, Cashew nuts as per your taste	Soaked Daliya for 1 hr. Drained water. In microwave safe bowl a daliya and ghee and cook. When beep add milk, water, sugar mix well, cover it and then press start. After finish, add cardamom powder, kishmish and cashew nuts mix well.
1-15	**Chili Honey Vegetables**	200 g	Mix Vegetable (Carrot, Muter, Corn, Cornflower, French Beans etc : cut small pieces) - 200 g, Honey - 2 tbsp., Salt, Lemon juice, Pepper powder as per your test, Water as required	In microwave safe bowl take vegetables and some water. When beep drain water and add honey, salt, lemon juice, pepper powder mix well and then press start.
1-16	**Idli**	8 EA	Instant Idli Mix - 2 cups, Curd - 1 cup, Ginger Garlic Chili paste and salt as per your taste, Water as required	Mix all the ingredients and make a batter, pour this batter to greased microwave safe idly stand and cook. Serve hot with Chutney & Sambhar.

Code	Food	Serving Size	Ingredients	Recommendations
1-17	**Steamed Vegetables**	200g	Mix Vegetable (Cauliflower, Carrot, Capsicum Muter Corn, French beans : Cut in small pieces) - 200 g, Sugar, Peper powder, Salt as per your taste, Water - 3 cups	In microwave safe glass bowl take vegetables and some water. Drain water and in another bowl take cooked vegetables, sugar, paper powder, salt. Mix well and serve hot.
1-18	**Sukhi Moong Dal**	300-400g	Moong dal - 150 g, Onion (chopped) - 2 ea, Water - 1 cup, Ginger garlic paste, salt, turmeric powder, Chili garam masala, coriander powder, cumin powder & pepper powder	In microwave safe glass bowl take oil, onion and ginger-garlic paste and cook. When beep add moong dal and all other ingredients with water and press start.
1-19	**Vegetable Pasta**	200-250g	Pasta - 200 g, Oil - 1 tbsp., Grated Cheese - 3 tbsp., Pasta Sauce, Spring Onion, Water as per your taste, Salt as required	In microwave safe bowl add pasta and water and cook. When beep strain Pasta and mix with all the ingredients and then press start. Serve hot.
1-20	**Chana Chat**	200-250g	Soaked Chana - 100 g, Water - 250 ml, Boiled Potato - 1 ea, Ginger paste - 1 tbsp., Green chili paste - 1 tbsp., Oil - 1 tbsp., Salt, Red chili powder, Pepper, Garam masala, Chat Masala and Lemon juice as per taste, Muster seeds, Cumin and Asafetida for tempering	In microwave safe bowl take water and soaked chana and cook. When beep remove from oven and drain the remaining water. In another microwave safe bowl muster seeds, cumin, asafetida, oil, green chili paste and ginger paste. Mix well and press start. After finish add boiled chana, boiled potato, salt, garam masala, chat masala, lemon juice and mix well .

Code	Food	Serving Size	Ingredients	Recommendations
2 Vegetables & Rice				
2-1	**Mutter (Peas) Paneer**	400-500g	Boiled Mutter - 100 g, Paneer - 200 g, Onions - 2 EA(paste), Tomato - 2 EA(puree), Garlic-ginger paste - 1 tsp., Oil - 2 tbsp., Red chili powder, Garam masala, Fresh Cream, Salt, Turmeric, Sugar, Kasoori methi, Coriander as per your taste, Cream - 2 tbsp.	In microwave safe bowl add oil, onions and ginger-garlic paste and cook. When beep add tomato puree, cream, salt, turmeric, sugar, boiled mutter, paneer, kasoori methi (except masala) and then press start.
2-2	**Aloo Ghobi**	300-400g	Cut Potatoes - 200 g, Cut Cauliflower - 200 g, Cut Tomatoes - 100 g, Oil - 2 tbsp., Turmeric powder, Coriander powder, Red chili powder, Cumin seeds, Salt, Garam masala, Water as per your taste	In microwave safe glass bowl take oil, potatoes, cauliflower. Mix well and cook. When beep, add tomatoes, other ingredients, water and then press start.
2-3	**Karela Masala**	300-400g	Karela (Cut small Pieces) - 8/10, Onion Grind - 2 ea, Tomato Puree - 2 ea, Ginger, Garlic Past - 2 Tbsp., Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil- 3 tbsp., Cream - ¼ Cup, Water - ½ Cup	In microwave safe bowl take oil, onions and cook. When beeps, add ginger garlic paste, karela pieces and all the spices, add tomato puree, half cup water, cream with cover and then press start. Serve hot with rice.
2-4	**Aloo Methi**	150-200g	Aloo (Boiled) - 2 ea, Dry Methi – 1 cup, Green chilies - 2~3 ea, Oil - 2 tbsp., Salt, turmeric, Musters seeds, Cumin as required	In microwave safe bowl take oil, muster, cumin, green chilies and cook. When beep, add methi leaves, turmeric, salt and mix well. Press start. After done, add boiled aloo and mix well.

Code	Food	Serving Size	Ingredients	Recommendations
2-5	**Kadhi Pakoda**	400-500g	Ghee - 2 tbsp., Gram Flour - 3 tbsp., Curd - 200 g, Water - 300 ml, Salt, Sugar, Cumin, Green Chili, Ginger, Curry Leaves as per your taste, Gram flour for Pakoda - 100 g, Red Chili powder, Turmeric, Ajwain, Salt as per your taste	In bowl take gram flour and add salt, ajwain, red chili powder, little oil to it and make soft dough and make small ball form it. In microwave safe glass bowl add ghee, cumin, curry leave, curd, water, gram flour, sugar, salt, green chili, ginger. Mix well and cook. When beep, add kadhi mixture to prepared ball dough and then press start. Serve hot with rice.
2-6	**Dal Tadaka**	400-500g	Soaked Arhar Dal (Soaked for 1 hr) - 200 g, Water - 300 g, Oil - 2 tbsp., Cumin - 1 tbsp., Green Chilies - 2~3 ea, Curry Leaves - 5~6 ea, Salt, Coriander, Cumin Powder, Turmeric, Asafetida, Kasoori methi, Lemon juice as per your taste	In microwave safe bowl take dal, water, turmeric, asafetida. Cover and cook. When beep take oil, cumin, chopped green chilies, curry leaves, salt, coriander, cumin powder, kasurimethi, lemon juice, water and then press start. Garnish with tomato.
2-7	**Lazeez Bhindi**	400-500g	Bhindi (Cut into pieces) - 400 g, Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Ginger Garlic Paste - 2 tbsp., Coriander Powder, Cumin Powder, Turmeric, Red Chili Powder, Garam Masala, Salt as per your taste, Oil as required, Cream - 2 tbsp.	In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When beep add powder masala, chopped tomato, bhindi, salt, cream and then press start.
2-8	**Palak Paneer**	400-500g	Palak Leaves (Spinach) (Boiled & Grinded) - 300 g, Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Ginger Garlic Paste - 2 tbsp., Paneer - 150 g, Oil - 3 tbsp., Garam Masala, Coriander, Cumin Powder, Salt, Fresh Cream as per your taste	In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When beep add tomato and all the masala, palak paste, paneer and cream. Mix it well and then press start.

Code	Food	Serving Size	Ingredients	Recommendations
2-9	**Mixed Masala Vegetable (South Indian Style)**	400-500g	Mix Vegetables (yam, custer beans, white ash guard, white pumpkin, red pumpkin, raw banana, carrots) - 400 g(peeled and cut), 2” pieces fresh coconut - 1 cup, Green Chili - 2~3 ea, Cumin - ½ tsp., Curry Leaves - 7~8 ea, Turmeric - ¼ tsp., Curd - ¼ cup, coconut oil - 1 tsp., Salt and Sugar as per taste	Make paste of coconut, green chili and cumin with little water and keep aside. In microwave safe glass bowl take all the vegetables with some water and cook. When beep strain the vegetables and add coconut oil, curry leaves, turmeric. Mix well and press start. After done add curd, paste of coconut and mix well.
2-10	**Stuffed Tomato**	200-300g	Tomato - 4 ea, Onion (Chopped) - 1 ea, Paneer - ½ cup, Coriander, Cumin Powder, Salt & Sugar as per your taste, Butter - 1 tbsp.	Cut tomatoes and scoop out the pulp to have plain tomato cups. Grate paneer then mix coriander, cumin powder and stuff the mixture with tomatoes. In microwave safe glass bowl add butter, chopped onions, tomatoes and cook.
2-11	**Sambhar**	400-500g	Arhar Dal/ Red Gram - 100 g, Oil - 2 Tbsp., Onion - 1 ea(Chopped), Tomato - 1ea(Chopped), Mix vegetables(drumsticks, ghia/bottle gourd, red pumpkin, brinjal, ladies finger) - 1 cup, Mustard Seeds - 1 tsp., Asafetida - ¼ tsp., Tamarind pulp, Cumin seeds, Green chili, Sambhar masala, Salt as required	In microwave safe glass bowl put dal, turmeric powder, onions, green chilies, tomatoes, mixed vegetables and add some water. Cover and cook. When beep, add oil, asafetida, cumin, curry leaves, red chilies, sambhar masala, tamarind pulp, salt, water and then press start.

Code	Food	Serving Size	Ingredients	Recommendations
2-12	**Kashmiri Aloo**	300-400g	Small Pealed Potato - 8/10, Onion Grind - 2 ea, Tomato Puree - 2 ea, Ginger, Garlic Paste - 2 tbsp., Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil - 3 tbsp., Cream - ¼ Cup, Water - ½ Cup	In microwave safe bowl take water, prick potatoes and cook. When beeps, add oil, onions, ginger-garlic paste, all other ingredients and then press start.
2-13	**Corn, Simla Mirch Rice**	400-500g	Soaked Rice 200 g, Corn 50 g, Chopped Simla Mirch - 1 ea, Oil - 2 tbsp., Black cardamom - 2 or 3, Cumin seeds - ½ tsp., Onions - 2 ea (Chopped), Green chili & salt as per your taste	In microwave safe glass bowl take oil, black cardamom, cumin seeds, chopped onions, green chili & salt, soaked rice and cook. When beep add water and salt. Mix well and cover and then press start.
2-14	**Jeera Aloo**	400-500g	Half boiled potatoes 400 g (cut into finger chips), Cumin seeds - 1 tsp., Turmeric Power - ¼ tsp., Red Chilli Powder - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped Coriander Leaves - 1 tsp.	In microwave safe glass bowl take oil, cumin seeds and cook. When beep add all ingredients and then press start. Garnish chopped coriander and serve hot.
2-15	**Baigan (Brinjal) Bharta**	400-500g	Bharte Ka Baigan (Brinjal) 300 g, Chopped Onion - 2 ea, Chopped tomato - 2 ea, Ginger Garlic Cloves - 3 to 4 tsp., Oil - 2 tbsp., Red Chili Powder, Cumin Powder, Salt as per your taste, Chop Coriander 2 tbsp.	Pierce garlic cloves in brinjal and then put brinjal on multi-pan. Insert in level 2 and grill for 20min. After finish peel & chop the brinjal. In microwave safe glass bowl add oil, onion, tomato, all powder masalas, salt and mix chopped brinjal. And then mix it well and press start. Garnish with chopped Coriander.

Code	Food	Serving Size	Ingredients	Recommendations
2-16	**Dosa Sabji**	400-500g	Boiled potato peeled & chop 300 g., Chopped Onion 2 Nos., Green chili salt, turmeric powder as per your taste, Oil 2 tbsp., Mustard Seeds, Cumin seeds, Curry leaves for tempering	In microwave safe glass bowl take oil, mustard seeds, cumin seeds, curry leaves, green chili, turmeric powder, onion and cook. When beep mix it well and add chopped potato. Mix it well and press start. Garnish with coriander leaves.
2-17	**Aloo (Potato) Masala**	450-500g	Chopped Aloo (potato) - 300 g, Onion - 1 ea (Chopped), Tomato - 1ea (Chopped), Ginger Garlic paste - 1 tsp., Coriander powder - 1 tsp., Cumin powder - ½ tsp., Garam Masala - ½ tsp., Oil - 2 tbsp., Red chili powder, Turmeric powder, salt as per your taste, Chopped coriander leaves, 1 cup of water	In microwave safe glass bowl take oil, chopped onion, ginger garlic paste, chopped tomato, chopped potato. Mix well and cook. When beep, add chopped potato, powder masala, 1 cup of water, mix it well and press start. Garnish with coriander leaves.
2-18	**Vegetable Biryani**	400-500g	Soaked Basamati Rice 200 g, Water - 400 ml, Ghee - 2 tbsp., Cloves, Cinnamon, Black pepper, Cardamom - 2 pieces, Salt & Sugar as per your taste, Mixed vegetables(cauliflower, peas, french beans & carrot : chopped) - 1 cup	In microwave safe glass bowl add ghee, vegetables, all masalas and soaked basamati rice, mix it well and cook. When beep, add water, salt & sugar. Cover it and press start. Serve hot.
2-19	**Khichadi**	400-500g	Soaked Rice - 100 g, Soaked Moong Dal - 50 g, Oil - 1½ tbsp., For Masalas : Coriander powder - 1 tbsp., Cumin seed powder - ½ tbsp., Water - 400 ml, For tempering : Mustard seeds, Asophotida, Green chili, Curry leaves & salt as per your taste	In microwave safe glass bowl take oil & tempering material except salt. Add soaked rice, moong dal and cook. When beep add water and salt, mix it well, cover it and press start.

Code	Food	Serving Size	Ingredients	Recommendations
2-20	**Lemon Rice**	400-500g	Soaked Rice - 150 g., Mustard seeds - ½ tsp., Urad dal - ½ tsp., Grated ginger - 1 tsp., Roasted Daria - 1 tsp., Dry red chili – 2, Curry leaves – 7~8., Turmeric powder - ½ tsp., Lemon juice - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped coriander - 1 tbsp., Water - 350 ml	In microwave safe glass bowl take oil, mustard seeds, urad dal, grated ginger, roasted daria, dry red chili, curry leaves, turmeric powder, lemon juice, salt, soaked rice and cook. When beep add water and salt, mix it well, cover it and press start. Garnish with chopped coriander & serve hot.
3. Sweets & Tandoori				
3-1	**Suji Halwa**	200-250g	Suji - 150 g, Ghee - 4 tbsp., Sugar - ¾ cup., Water - 3 cup, Dry Fruit, Cardamom Powder as per your test	In microwave safe glass bowl take suji, ghee and cook. When beep, add water, sugar, dry fruit & cardamom powder, mix well and press start.
3-2	**Atta Ladoo**	300-350g	Atta - 2 cup , Ghee - 100 g , Powder Sugar - 75 g, Cardamom powder - 1 tbsp., Almonds (Chopped) - ¼ cup	In microwave safe glass bowl add atta, ghee, mix well and cook. When beep stir well and press start. When cool and cardamom powder, sugar powder, mix well and make ladoo.
3-3	**Besan (Bengal Gram flour) Ladoo**	300-350g	Besan (Bengal Gram flour) - 2 cups , Ghee - 100 g, Powder Sugar - 75 g, Cardamom powder - 1 tbsp., Almonds (Chopped) - ¼ cup	In microwave safe glass bowl add besan and ghee, mix well and cook. When beep stir well and press start. When cool and cardamom powder, sugar powder, mix well and make ladoo.
3-4	**Sweet Rice**	400-500g	Soaked Basamati Rice - 200 g, Water - 400 ml, Sugar - 150 g, Lemon Juice - 1 tsp., Almand - 50 g, Resins - 50 g, Cardamom Powder - 1 tsp., Yellow colour a pinch, Ghee - 2 tbsp., Saffron - ¼ tsp.	In microwave safe glass bowl take ghee, soaked basamati rice and water. Cover and cook. When beep, add sugar, lemon juice, almand, resins, cardamom powder, Yellow colour, saffron and press start. Serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
3-5	**Gajar (carrot) ka Halwa**	450-500g	Grated carrot - 400 g, Milk - 100 g, Khoya - 50 g, Sugar - 100 g, Milk Powder - 50 g, Cardamom powder - 1 tsp., Almonds & resins - 2 tbsp.	In microwave safe glass bowl add grated carrot, milk, khoya, milk powder, mix it well and cook. When beep stir well and add sugar, cardamom powder, mix it well and press start. Decorate it with almonds & resins. Serve hot or cold.
3-6	**Kalakand**	450-500g	Grated paneer - 300 g, Condensed Milk - 200 g, Milk powder - 3 tbsp., Corn Flour - 1 ½ tbsp., Cardamom powder - 1 tsp., Almond pieces as per your taste	In microwave safe glass bowl take grated paneer, condensed milk, milk powder, corn flour, cardamom powder, mix well and cook. When beep stir well and press start. Garnish it with almonds and when set, cut into pieces.
3-7	**Shahi Tukda**	250-300g	Bread slice - 4 ea, Condensed milk - 150 ml, Milk - 100 ml, Sugar - 4 tbsp., Almond - pista pieces - 4 tbsp., Saffron & cardamom powder - 1 tsp, ghee - 1 tsp.	Brush up a little ghee at both the sides of bread slices and arrange bread slices on multi-pan. Insert in level 2. Grill for 6 minutes and then keep aside. In the microwave safe glass bowl add milk, condensed milk, sugar, cardamom powder and saffron, stir well and cook. Garnish with almonds and pistachios. Serve hot.
3-8	**Khoya Barfi**	450-500g	Grated Khoya - 300 g, Powdered sugar - 150 g, Milk powder - 2 tbsp., Saffron - ¼ tsp., Cardamom powder - 1 tsp., Almond pieces as per your taste	In microwave safe glass bowl take grated khoya, milk powder, saffron & cardamom powder. Mix well and cook. When beep add powdered sugar and stir well and press start. Garnish it with almonds and when set, cut into pieces.

Code	Food	Serving Size	Ingredients	Recommendations
3-9	**Phirani**	450-500g	Rice (soaked in 200 ml. milk for 1 hr.) - 0.3 kg, Milk - 300 ml, Sugar - 200 g, Saffron - 1 tsp., Cardamom powder - 1 tsp., Pista pieces - 1 tbsp.	Blend soaked rice with milk. Pour this microwave safe bowl and cook. When beep adds sugar, saffron, cardamom powder, mix it well & press start. Take it out, stir it. When cool, decorate with pista pieces and serve cool.
3-10	**Pongal (South Indian sweet)**	350-400g	Soaked rice - 100 g, Soaked green gram - 50 g, Water - 500 ml, Grated Jaggery - 200 g, Ghee - 50 g, Cardamom powder - 1 tbsp., Dry fruits as per your taste	In microwave safe glass bowl put ghee, soaked rice, green gram, water, mix it well, cover it and cook. When beep add jaggery, cardamom powder, dry fruits and press start.
3-11	**Shakkarkandi (Sweet Potato)**	300-350g	Shakkarkandi (Sweet Potato) - 200 g, lemon Juice 1 tbsp., Chaat Masala – ½ tbsp., rock salt powder – ½ tsp	Put Shakkarkandi on multi-pan at 2nd level and cook. When beep turn it over and cook. Peel and cut shakkarkandi into small pieces add all other ingredients and serve hot.
3-12	**Harabhara Kabab**	300-400g	Boiled Potato (mashed) - 200 g, Mix vegetable (mashed) - 100 g, Ginger garlic paste - 1 tsp., Chili paste - 1 tsp., Salt, Garam masala, Oil and bread crump's as required	Mix all the ingredients and make cutlets in desired shape. Place cutlets on multi-pan and insert in level 2 and cook. When beeps turn the cutlets and press start. Serve with sauce.
3-13	**Paneer Tikka**	250-300g	Paneer - 200 g, Marinate : Hung Curd - 4 tbsp., Ginger Garlic Paste - 1 ½ tbsp., Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp., Edible Red Color - 1 pinch, Oil - 1 tbsp.	Mix all the ingredients of marinate thoroughly. Add paneer pieces and keep it for 2 hrs in a refrigerator. Put the pieces on multi-pan and insert in level 2. Apply little oil on it and cook. When beep, turn the pieces and then press start. Serve hot with chutney.

Code	Food	Serving Size	Ingredients	Recommendations
3-14	**Aloo Tikka**	400-500g	Baby Potato (peeled) - 400 g Curd - ½ cup Ginger garlic paste - ½ tbsp., Coriander powder, cumin powder, red chili powder, kasoori methi, salt & oil as per your test	Take peeled aloo, add curd, ginger garlic paste, other spices and salt. Mix them well and put on multi-pan and keep this on 2nd level. Sprinkle oil and cook. When beep turn potato and press start. Serve hot.
3-15	**Tandoori Gobhi**	250-300g	Gobhi (Cut big flowers) - 200 g, Marinate : Hung Curd - 4 tbsp., Ginger Garlic Paste - 1 ½ tbsp., Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp., Edible Red Color - 1 pinch, Oil - 1 tbsp.	Mix all the ingredients of marinate thoroughly. Add gobhi pieces and keep it for 2 hrs in a refrigerator. Put the pieces on multi-pan and insert in level 2. Apply little oil on it and cook. When beep, turn the pieces and press start. Serve hot with chutney.
3-16	**Tandoori Arbi**	450-500g	Arbi - 400 g, Curd - 1 cup, Chat Masala, Salt, Garam Masala, Ginger garlic paste, Red chili powder, Turmeric powder as per your taste, Oil and water required.	In microwave safe glass bowl take arbi with some water. Peel the arbi and mix with all ingredients. Keep multi-pan in the oven on 2nd level & place Arbi with Masala on it and cook. When beep turn the Arbi and press start.
3-17	**Tandoori Sabzi**	500-550g	Mix vegetables - Ladies finger, Dauli flower, Brinjals, Mushroom, Potato, Paneer cubes - 0.5 kg (cut into medium size pieces), Onion paste Ginger-Garlic Paste, Tomato Puree, Red Chilli Powder, Turmeric Powder, Garam Masala, Salt as per your taste, Oil - 3-4 tbsp, Coriander - For garnishing	In microwave safe glass bowl take oil, onion paste, ginger garlic paste, vegetables, red chilli powder, turmeric powder, garam masala, chat masala, salt and tomato puree, mix well and cook with MWO 800W for 8 minutes. When finish, transfer this mixture on multi-pan, spread evenly, insert in level 2 and press start. Serve hot with tandoori nan.

Code	Food	Serving Size	Ingredients	Recommendations
3-18	**Tandoori Aloo**	250-300g	Baby Potato - 1 cup, Cream - 1 tbsp., Dried Fenugreek leaves - ¼ tsp., Oil - 1 tbsp., Salt to taste, To be ground into a paste : Kashmiri chili - 4 ea, Garlic - 2 cloves, Ginger - 12 mm (½"), Coriander-cumin seed powder - 2 tsp.	In microwave glass bowl add the prepared paste, salt, mix it well and cook. When beep, add potatoes, cream and kasuri methi and press start.
3-19	**Vegetable Kabab**	8 Kababs	Boiled vegetables - Potato, Cauliflower, Carrot, Green peas - 0.1kg, Water - 3 tbsp., Cornflour – 1~2 tbsp., Bread crumbs - 1 tbsp., Ginger-Garlic paste - ½ tsp., Chili paste - ½ tsp., Garam Masala - 1/4 tsp., Lemon juice, salt, sugar as per your taste	Mix boiled vegetables and strained bengal gram, ginger-garlic paste, red chili powder, garam masala, coriander-cumin powder, salt, bread crumbs, coriander leaves together. Apply little oil to your palms and shape as desired like tikki balls and roll over with corn flour. Cutlet rolls, brush with little oil. Place kababs on multi-pan and keep this on 2nd level and cook. When beep, turn kababs and press start. Serve it with chutney and salads.
3-20	**Stuffed Mushroom**	200-250g	Mushroom - 150 g, cottage cheese - 3 tbsp, Grated cheese - 2 tbsp., corns - 1 tbsp, corn flour- 2 tbsp, lemon juice - 1 tbsp, red chilli powder - ¼ tsp, garam masala - ¼ tsp, Salt as per your taste, Butter - 2 tbsp.	Hollow the mushrooms and marinate with lemon juice, salt, red chilli powder, butter and garam masala, keep aside for 15 minutes. In another bowl mix cottage cheese, grated cheese and corn and season as per tatse. Stuffed the mushrooms with cottage cheese mixture and coat with corn (flour mixed in very less water) Grease the multi-pan with some butter and place the mushrooms on it, brush up a little butter on mushrooms. Insert in level 2 and cook. When beep brush up a little more butter and cook.

Code	Food	Serving Size	Ingredients	Recommendations
4 Continental				
4-1	**Cheese Cutlet**	8 ea	Potatoes - 4 ea (boiled), Cottage cheese - 200 g, Chopped coriander - 2 tbsp., Chopped green chili - 1 tsp., Chopped onion - 1 ea, Chopped cabbage - 2 tbsp., Bread crumbs - 4 tbsp., Oil for applying, Salt as per your taste	Mash the potatoes very well, add all ingredients, mix it well and shape the cutlet as you wish. Take it on multi-pan at 2nd level, applying oil and cook. When beep, turn the pieces and press start.
4-2	**Tomato & Basil Soup**	300-400g	Chopped tomato - 4 ea, Fresh basil leaves -20~25, Crushed peppercorns - 10~15, Chopped onion - 1 ea, Chopped garlic - 7~8, Celery sticks finely chopped - 2 tbsp., Corn flour - 2 tbsp. (dissolve in 1 cup of water), Salt and Sugar as per your taste, Water - 3 cups, Olive oil - 2 tbsp.	In microwave safe glass bowl add tomato, basil leaves, onion, garlic, celery sticks and water, mix well and cook. When beep add all other ingredients, mix well and press start. Serve hot.
4-3	**Vegetable Chowmain**	400-450g	Noodles - 200 g, Water - 2 cups, Mix Vegetables - 100 g, Soya Sauce, Chili Sauce, Viengar, Salt & Pepper as per your taste, Oil as required	In microwave safe glass bowl take noodles and 2 cups water and cook. When beep, drain all the water from it & keep noodles a side. In other microwave safe glass bowl take oil & vegetables and press start. After done add all ingredients with noodles mix well & serve hot.
4-4	**Risotto Rice**	450-500g	Basmati Rice (soaked) - 150 g, Spinach (chopped) - 100 g, Butter - 3 tbsp., Chopped onion - 2 ea, Chopped Garlic - 2 tsp., Grated cheese - 3 tbsp., Salt & Pepper as per your taste, Water - 300 ml	In microwave safe glass bowl take butter, onion, garlic and cook. When beep add spinach (chopped) soaked rice, water, salt & pepper and mix well. Cover and press start. Garnish with grated cheese and serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
4-5	**Potato Dumpling**	200-250g	Boiled & Grated Potatoes - 2 ea, Grated Paneer - 2 tbsp., Chopped Spinach - ½ cup, Chopped Green Chili - 1 tsp., Maida - 2~3 tbsp., Baking Powder - 1 pinch, Nutmeg Powder - 1 pinch, Salt & Pepper as per your taste, Butter - 1 tbsp., Chopped Garlic - 1 tbsp., Pizza Sauce - ½ cup, Grated Cheese - 3 tbsp.	Mix grated potatoes, paneer, spinach, green chili, maida, baking powder, nutmeg powder, salt & pepper together and make 10-12 balls from it, put them on the glass bowland cook. When beep, in other microwave safe bowl take butter, chopped garlic, steamed balls, cheese, pizza sauce, mix well and press start.
4-6	**Baked Vegetables**	350-400g	Half boiled vegetables (carrot, cauliflower, french beans - cut into small pieces, sweet corn & green peas etc.) - 300 g, Plain flour - 2 tbsp., Butter - 2 tbsp., Milk - 2 cups, Water - ½ cup, Grated cheese - 5 tbsp., Salt, sugar, pepper as per your taste	In microwave safe glass dish take butter, vegetables, plain flour, milk, water, salt, sugar and pepper, mix well and cook with MWO 800W for 5 minutes. After finish, mix it well & spread grated cheese on it. Keep the dish on multi-pan at 1st level and press start. Serve hot.
4-7	**Cheese Cabbage & Corn Rice**	350-400g	Soaked rice - 1 cup, Cabbage - 50 g(chopped), Capsicum - 1 ea(chopped), corn - 50 g, Grated cheese - 100 g, chopped coriander - 2 tbsp., Water - 3 cup, Black pepper powder - 1/4 tsp., Salt & Sugar as per your taste, Butter - 2 tbsp.	In microwave safe glass bowl take butter, rice, chopped cabbage, chopped capsicum, corn, black pepper powder, salt, sugar, mix well and cook. When beep add all other ingredients and press start.
4-8	**Noodles with Tomato and Cheese sauce**	400-450g	Ribbon noodles - 250 g, Tomato sauce - ½ cup, Pizza sauce - ½ cup, Cheese sauce - 1 cup, Oil - 2 tbsp., Grated cheese - 2 tbsp., Salt, sugar & pepper as per your taste, Fresh Cream - 2 tbsp., Oregano - ½ tsp., Water - 4 cups	In microwave safe glass bowl add noodles, oil and cook. When beep drain & keep aside. In another bowl add tomato sauce, pizza sauce, cheese sauce, fresh cream, salt, sugar & pepper, mix it well and add boiled noodles, sprinkle cheese and press start. Serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
4-9	**Macaroni Hot Pot**	250-300g	Shell Macaroni - 200 g, Chopped Onion - 2 ea, Chopped capsicum - 1 ea, Chopped Tomato - 2 ea, Chopped Garlic - 1 tsp., Red chili powder - ½ tsp., One small can baked beans - 200 g, Tomato ketchup - 6 tbsp., Grated cheese - 4 tbsp., Butter - 1 tbsp., Salt as per your taste, Oil - 1 tbsp., Water - 4 cups	In microwave safe glass bowl add shell macaroni, oil, water and cook. When beep drain & keep aside. In another bowl add butter, salt, onion, capsicum, tomato, garlic cloves, chili powder, cheese, baked beans and press start. When beep add macaroni, mix it well and serve hot.
4-10	**Macaroni Supreme**	300-350g	Macaroni - 200 g, White sauce - 2 tsp., Chopped Parsley - 4 tbsp., Nutmeg powder - 1 pinch, Oregano - ½ tsp., Grated cheese - 50 g, Chopped tomato - 1 ea, Butter - 1 tbsp., Oil - 1 tbsp., Salt & pepper as per your taste	In microwave safe glass bowl add shell macaroni, oil, water and cook. When beep drain & keep aside. In another bowl add butter, salt, nutmeg powder, oregano, parsley, white sauce, mix well. Add macaroni, cover with cheese and press start.
4-11	**Pasta**	400-450g	Penne Pasta - 200 g, Chopped onion - 2 tbsp., Chopped garlic - 2 tsp., Chopped spinach - 75 g, Cream - 1 cup, Grated cheese - 3 tbsp., Butter - 2 tbsp., Nutmeg Powder - 1 pinch, Oregano - ½ tsp., Salt & pepper as per your taste, Oil - 1 tbsp., Water - 3 cups	In microwave safe glass bowl take pasta, water, oil and When beep drain the water & keep aside. In another bowl add butter, chopped onion, chopped garlic, spinach, cream, nutmeg powder, salt, pepper powder, oregano, mix it well and press start. After done pasta & cheese, mix it well & serve hot.
4-12	**Corn & Potato Baked**	300-350g	Boiled sweet corn - 100 g, Boiled Potatoes - 2 ea, Finely chopped onion - 1 ea, Finely chopped green chili - 2 ea, Grated cheese - 4 tbsp., White sauce - 1 cup, Fresh cream - 2 tbsp., Butter - 2 tbsp., Salt & Pepper as per you taste	In microwave safe glass dish take butter, onion, green chili and cook with MWO 800W for 4 minutes. After finish, add white sauce, chopped potatoes, sweet corn, fresh cream, salt, pepper, mix it well and sprinkle cheese. Transfer it on multi-pan, insert in level 1 and press start. Serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
4-13	**Vegetable O' Gratin**	500-550g	Vegetables (carrot, cauliflower, peas, french beans : cut into bite size pieces) - 300g, Oil or butter - 2 tbsp, White sauce - 1 cup, Pepper - 1 tsp., Cream - 100 g (1/2 cup), Water - 1/2 cup, some chopped celery or coriander leaves for garnishing	In microwave safe bowl butter, mix vegetables, water and cook. When beep add all other ingredients and press start. Sprinkle chopped celery or coriander and serve hot.
4-14	**Vegetable in Thai Curry**	500-600g	For green paste : Green chillies - 6~8, Spring onions - 3 ea (chopped along with the green part), Lemon grass leaves - 4 (optional), Ginger - 2" piece, Coriander leaves - 3 tbsp., For main dish : Coconut milk - 1½ cups, Salt - 1½ tsp., A tiny piece of jaggery, Coriander powder - 1 tbsp., Cumin powder - 1 tbsp., Oil - 2 tbsp., Chopped mix vegetable (carrot, cabbage, peas) - 1 cup	In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add vegetables, oil and cook. When beep add salt jaggery and coconut milk. Mix well & press start.
4-15	**Vegetable aa'la Kiev**	550-600g	Mix vegetable (cauliflower, peas, cabbage : cut into long pieces 18-20) - 350 g, French beans cut into 1 piece, Carrots - 2 (medium size, cut into 1 piece), Celery - 2 (chopped fine), Capsicums (cut into 1/4" pieces) - 2, Milk - 1/2 cup, Maida - 2 tbsp., Pepper - 1 tsp., Mustard powder - 1tsp., Salt - 1tsp., Grated cheese (Amul) - 4 tbsp.	In microwave safe glass bowl mix vegetable, cauliflower, peas, carrots, celery and french beans & add 2-3 tbsp water, cover and cook. When beep, add all ingredients and press start. Add grated cheese. Garnish with parsley or coriander.

Code	Food	Serving Size	Ingredients	Recommendations
4-16	**Mushroom Gratin**	500-550g	Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp., Maida(flour) - 2 tbsp., Salt - 1 tsp., Pepper - 1 tsp., Rum or sherry (optional) - 1 tsp., Cream - 100 g (1/2 cup), Water - 1/2 cup, Some chopped celery or coriander leaves for garnishing	In microwave safe plate butter, maida and cook. When beep, add all other ingredients, mix well and press start. Sprinkle chopped celery or coriander and serve hot.
4-17	**Cheese Straw**	200g	Refined flour - 100 g, Grated cheese - 25 g, Butter - 50 g, Cold water as required, Pepper powder - ¼ tsp., Baking powder - 1/8 tsp., Chili powder - ½ tsp., Salt - ¼ tsp.	Pre-heat the oven 180°C with the convection function. Sieve refined flour, pepper powder, baking powder, chili powder, salt. In a bowl maida, butter, cheese & rub it with finger chips till it resembles bread crumbs. Add little cold water to make a soft dough. Roll it in ½ cm. roti and cut thin strips, twist them & put on the baking tray. Put them on multi-pan at 1st level. When beep for finish preheating, select menu and cook.
4-18	**Almond Muffins**	350g	Refined flour - 115 g, Margarine - 85 g, Egg - 2 ea, Baking Powder – 1 tsp, sugar powder-115 g, Milk - 50 ml, Almond essence - ¼ tsp., Crushed almond & walnut - 4 tbsp.	Pre-heat the oven 180°C with the convection function. Cream margarine and sugar until light and fluffy. Blend in beaten egg and sieve together flour and baking powder. Add alternately and mixing well after each addition, add crushed almond, walnut, almond essence. Put into greased muffin trays. Put them on multi-pan at 1st level. When beep for finish preheating, select menu and cook.

Code	Food	Serving Size	Ingredients	Recommendations
4-19	**Orange Muffins**	12 ea	Refined flour - 115 g, Margarine - 85 g, Egg - 2 ea, Orange Juice - 20 ml, Baking Powder 1 tsp, powdered sugar - 115 g, Milk - 50 ml, Orange rind (Chopped finely) - 1 tsp. and orange squash - 50 ml	Pre-heat the oven 200°C with the convection function. Cream margarine and sugar until light and fluffy. Blend in beaten egg and orange rind. Sieve together flour and baking powder. Add alternately orange squash and orange juice mixing well after each addition. Put into greased muffin trays. Put them on multi-pan at 1st level. When beep for finish preheating, select menu and cook.
4-20	**Pasta in Pesto sauce**	400-450g	Fussily Pasta - 200 g, Oil - 1 tbsp., Cream - 1 cup, Grated cheese - 3 tbsp., Butter - 2 tbsp., Oregano - ½ tsp., Salt & pepper as per your taste, Olive Oil - 1 tbsp., Pesto Sauce - 4 tbsp., Water - 3 cups	In microwave safe glass bowl take Pasta with water, oil and cook. When beep drain the water & keep aside. In another bowl add butter, olive oil, pasta, cream, salt, pepper powder, oregano, cheese, pesto sauce. Mix it well & press start. Serve hot.
5 Cake & Confectionery				
5-1	**Butter Sponge**	450-500g	Refined flour - 120 g, Margarine - 90 g, Egg - 2 ea, Powder Sugar - 120 g, Baking Powder - 1tsp., Milk as required, Vanilla essence - ¼ tsp.	Pre-heat the oven 200°C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder thrice. Cream margarine and powdered sugar until light and fluffy. Beat egg and add to the creamed mixture little by little beating thoroughly between each addition. Fold in the shifted flour a little at a time. Adjust consistency of the batter with milk to get a dropping consistency. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.

Code	Food	Serving Size	Ingredients	Recommendations
5-2	**Mawa cake**	400-450g	Refined flour - 85 g, Margarine - 70 g, Egg - 2 ea, Powder Sugar - 100 g, Baking Powder - ¼ tsp., Mava - 30 g, Butter - 30 g, Cardamom powder - ¼ tsp., Nutmeg - ¼ tsp.	Pre-heat the oven 180°C with the convection function. Grease and dust 7" cake tin. Sieve flour with baking powder. Cream margarine, butter and powdered sugar until light and fluffy. Beat egg and add grated mava mixing will be between each addition. Fold in floursifted with baking powder & spice. Check consistency & pour into greased & lined 7" mould. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.
5-3	**Chocolate cake**	450-500g	Refined flour - 115 g, Margarine - 55 g, Egg - 2 ea, Powder Sugar - 85 g, Baking Powder - 1 tsp., Soda Bicarb - ½ tsp., Milk as required, Cocoa powder - 2 tbsp., Chocolate essence - 1 tsp.	Pre-heat the oven 200°C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder, cocooa powder & soda bicarb. Cream butter & sugar until light & fluffy. Add egg & beat in well. Add essence & fold in refined flour with sufficient milk to make a soft consistency. Pour in a greased & lined cake tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.

Code	Food	Serving Size	Ingredients	Recommendations
5-4	**Date & Walnut cake**	450-500g	Refined flour - 115 g, Margarine - 90 g, Egg - 2 ea, Powder Sugar - 115 g, Baking Powder - ½ tsp., Soda Bicarb - ¼ tsp., Seedless Date - 100 g, Walnut - 50 g, Milk as required, Vanilla essence - ½ tsp.	Pre-heat the oven 180°C with the convection function. Grease and dust 8" cake tin, Sieve flour with baking powder & soda bicarb. Cream butter & sugar until light & fluffy. Add egg & beat in well. Add essence. Fold in the flour alternating with chopped dates & walnut. Adjust consistency with milk. Put it in greased & lined cake tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.
5-5	**Banana Bread**	450g	Refined flour - 225 g, Margarine - 125 g, Egg - 2 ea, Powder Sugar - 200 g, Baking Powder - ½ tsp., Soda Bicarb - 1 tsp., Riped Banana - 3 ea, Walnut - 50 g, Milk as required, Vanilla essence - 1 tsp.	Pre-heat the oven 180°C with the convection function. Grease and dust 10" cake tin, Sieve flour with baking powder & soda bicarb. Cream butter & sugar until light & fluffy. Beat egg separately. Add gradually to creamed mixture, beating well all the time. Add mashed banana with 1 table spoon of flour. Mix well. Fold in flour. Add chopped walnuts. Pour into a greased loaf tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.

Code	Food	Serving Size	Ingredients	Recommendations
5-6	**Victoria Sponge Cake**	450 -500g	Refined flour - 170 g, Margarine - 170 g, Egg - 3 ea, Powder Sugar - 170 g, Baking Powder - 1½ tsp., Milk - ½ cup, Vanilla essence - 1 tsp.	Pre-heat the oven 200°C with the convection function. Grease and dust 9" cake tin, Sieve flour with baking powder. Cream butter & sugar until light & fluffy. When the mixture is light & creamy, add the egg, one at a time, beating each time thoroughly. If the mixture curdles while adding the egg, add a little flour before adding the next egg. Finally fold the flour & add the milk until the mixture forms a dropping consistency. Add the vanilla essence. Mix well. Pour the mixture into the prepared tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.
5-7	**Brownie**	400-450g	Refined flour - 100 g, Butter - 75 g, Egg - 2 ea, Chopped Almonds - 3 tbsp., Powder Sugar - 80 g, Baking Powder - 1 tsp., Milk - ¼ cup, Chocolate essence - 1 tsp., Cocoa powder - 2 tbsp., Water - 1/2 cup	Pre-heat the oven 200°C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder. Mix cocoa powder with half cup of hot water. In a bowl add powder sugar & butter & beat well. Add egg & essence & again beat well. Add almonds to Refined flour, mix well, add maida mix with butter mixture. Add cocoa solution to it & again mix well. For spoon dropping consistency add milk. Pour the mixture in a greased tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.

Code	Food	Serving Size	Ingredients	Recommendations
5-8	**Swiss Roll**	200-250g	Refined flour - 80 g, Condensed Milk - 100 g, Butter - 50 g, Soda Bicarb - 1/8 tsp., Baking Powder - ½ tsp., Milk - ½ cup, Vanilla essence - ½ tsp., Mix Fruit Jam - 2 tbsp.	Pre-heat the oven 200°C with the convection function. Grease and dust Square cake tin of 8", Sieve flour with baking powder & Soda. In a bowl add condensed milk & butter, beat well, add refined flour, essence & for spoon dropping consistency. Place the butter paper at the bottom of the tray & pour the batter on it. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook. Remove this cake on another butter paper & spread mix fruit jam over it. Roll it & cut slices.
5-9	**Marble cake**	450-500g	Refined flour - 150 g, Condensed Milk - 200 g, Butter - 100 g, Soda Bicarb - ½ tsp., Baking Powder - 1 tsp., Vanilla essence - 1 tsp., Cocoa Powder - 2 tbsp., Milk or water as required	Pre-heat the oven 200°C with the convection function. Sieve refined flour, baking powder & soda. In a bowl add condensed milk & butter & beat well. Add refind flour, essence & mix. For spoon dropping consistency add milk or water. Divide the mixture in two parts. Add cocoa powder in one part. Put the plain batter & cocoa batter alternately in the tin. Run a spoon through the batter only once. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.

Code	Food	Serving Size	Ingredients	Recommendations
5-10	**Coconut Toffee**	300-350g	Condensed Milk - 200 g, Fresh grated coconut - 1 cup, Chopped walnut - 100 g, Ghee - 2 tbsp.	In microwave safe glass bowl, mix the condensed milk, coconut and coo. When beep, add ghee and press start. After done add the chopped walnuts & mix well. Spread the mixture on a well greased tin. Press & level by pressing with a wet cloth. After 5 min. mark into small pieces. Remove when cold.
5-11	**German Biscuits**	400-450g	Refined flour - 170 g, Butter - 115 g, Powder sugar - 60 g, Cashew nut powder - 60 g, Almond essence - ¼ tsp.	Pre-heat the oven 180°C with the convection function. Sieve the flour, cream butter & sugar very well until light & creamy. Add the Almond essence & beat. Add cashew nut & sieved refined flour & mix well. The mixture will form into a dough. Roll into sticks & shape into a circle. Arrange this on baking tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook. Cool the biscuits. Serve them.
5-12	**Coconut Cookies**	200-250g	Refined flour - 85 g, Margarine or butter - 55 g, Desiccated coconut - 40 g, Powder sugar - 55 g, Water - 2 tsp.	Pre-heat the oven 180°C with the convection function. Cream the margarine & sugar very well until light & creamy. Add 2 tsp. of water. Sieve the flour & add to the creamy mixture. Add the desiccated coconut & mix well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.

Code	Food	Serving Size	Ingredients	Recommendations
5-13	**Cumin Biscuits**	200g	Refined flour - 120 g, Powder sugar - 1 tbsp., Butter - 50 g, Cumin & ajwain powder - 1 tsp. each, Soda bi carb - 1 pinch, Baking powder - ¼ tsp., Water as required	Pre-heat the oven 180°C with the convection function. Sieve refined flour, baking powder & soda bi carb in a bowl, add powder sugar & butter & beep well. Add refined flour, cumin & ajwain powder & little water, make a soft dough. Roll a thick roti & cut cookies with the cutter. Prick with a fork. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.
5-14	**Chocolate Cookies**	200-225g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp., Baking powder - ½ tsp., Cocoa powder - 1tbsp., Golden syrup - 1 tbsp.	Pre-heat the oven 160°C with the convection function. Sieve the flour with cocoa & baking powder together. Cream the margarine & sugar very well until light & creamy. Add the vanilla essence & golden syrup & beat very well. Add the flour to the mixture & mix it well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.

Code	Food	Serving Size	Ingredients	Recommendations
5-15	**Jam Biscuits**	200-250g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp., Cornflour - 25 g, Salt - 1 pinch, Milk as required, Jam	Pre-heat the oven 160°C with the convection function. Sieve the flour, salt & cornflour together. Rub in the margarine with finger tips. Add the sugar & mix well. Add just enough milk to make a dough. Roll out the dough into about 6mm (¼") thickness. Cut with a round biscuit cutter. In every alternate biscuit, make a hole in the centre with about 12 mm (½") nozzle. Arrange them on a baking tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook. Cool the biscuits. Make pairs of one biscuit with hole and one without and sandwich with jam.
5-16	**Melting Moments**	200-250g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 100 g, Vanilla essence - ½ tsp., Cornflour - 25 g, Milk as required	Pre-heat the oven 180°C with the convection function. Sieve the flour & cornflour together. Cream the margarine & sugar very well until light & creamy. Add the flour. If required, add a few drops of milk. Mix very well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook.Cool the biscuits. Serve them.

Code	Food	Serving Size	Ingredients	Recommendations
5-17	**Shrewsbery Biscuits**	400-450g	Refined flour - 225 g, Margarine or butter - 100 g, Powder sugar - 85 g, Lemon essence - ¼ tsp., Egg - 1 ea, Milk as required	Pre-heat the oven 180°C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the egg & mix it well. Add the sieved flour. If required add a little milk to make a dough. Knead until smooth. Roll out thinly. Prick all over with a fork. Stamp into round. Place the biscuits on a baking tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook. Cool the biscuits. Serve them.
5-18	**Almond - Pistachio Cookies**	250-300g	Refined flour - 115 g, Margarine or butter - 50 g, Powder sugar - 50 g., Cardamom powder - ¼ tsp., Nutmeg powder - ¼ tsp., Chopped almond - 1 tbsp., Chopped Pistachio - 1tbsp., Little saffron, Milk as required	Pre-heat the oven 180°C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the saffron, cardamom & nutmeg powder & mix very well. Add the sieved flour & make a dough. Roll out the dough using a little flour. Sprinkle a few nuts & give a light final roll. Cut into desired shape. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook. Cool the biscuits. Serve them.
5-19	**Choco - Cashew Biscuits**	250-300g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 85 g, Cashew nut powder - 85 g, Almond Essence - ¼ tsp., Cocoa - 1tbsp.	Pre-heat the oven 180°C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the Almond essence & mix very well. Add the flour, cocoa & cashew nut mix well, chill the mixture for 10 min. Roll out & cut out with round biscuit cutter. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook. Cool the biscuits. Serve them.

Code	Food	Serving Size	Ingredients	Recommendations
5-20	**Kesar Nankatai**	400g	Refined flour - 100 g, Powder sugar - 100 g, Ghee - 100 g, Semolina - 100 g, Cardamom powder - ½ tsp., Nutmeg powder - ½ tsp., Fresh curd - 1 tsp., Soda Bicarb - ¼ tsp., Saffron - ¼ tsp., Milk - 1 tsp.	Pre-heat the oven 180°C with the convection function. Sieve the flour. Cream the ghee & sugar very well until light & creamy. Add the cardamom & nutmeg powder & cream it again. The saffron dissolve in a 1 tsp. of milk. Add the curd, soda bicarb & prepared saffron. Mix well. Add the flour & semolina & knead well. Make a small round. Arrange them on a baking tin. Put it on multi-pan at 1st level. When beep for finish preheating, select menu and cook. Cool the biscuits. Serve them.

Non - Veggie (6-10)

Code	Food	Saving Size	Ingredients	Recommendations
6 Soups & Snacks				
6-1	**Chicken Shorba**	300-400g	Boneless Chicken - 100 g, Chopped Onion - 1 (medium size), Chopped Garlic - 4~5 cloves, Oil - 1 tbsp., Cumin Seeds - ½ tsp., Water - 1 cup, Coconut Milk - 1 cup, Peppercorns - 5~6, Salt as per taste, Cream - ¼ cup, Chopped Coriander Leaves - 2 tbsp.	In microwave safe glass bowl add oil, chopped onion, garlic cloves, cumin seeds & chicken, peppercorns. Mix well and cook. When beep add all the other ingredients, mix it well and press start.
6-2	**Chicken Soup**	350-400g	Boneless Chicken - 150 g, Ginger paste - 1tsp., Garlic paste - 1tsp. , Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Oil - 2 tbsp., Water - 300 ml	In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, corn flour paste & water, mix it well and cook. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
6-3	**Crab Soup**	400-450g	Crab - 150 g, Ginger paste - 1tsp., Garlic paste - 1tsp., Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp.(dissolve in ½ cup of water), Oil - 2 tbsp., Water - 350 ml	In microwave safe glass bowl add oil, crab, ginger paste, garlic paste, corn flour paste & water, mix it well. Mix it well and cook. Serve hot.
6-4	**Chicken Corn Soup**	450-500g	Boneless Chicken - 100 g, Crushed Corn - 50 g, Ginger Paste - 1tsp., Garlic Paste - 1tsp., Salt & Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp.(dissolve in ½ cup of water), Oil - 2 tbsp., Water - 300 ml	In microwave safe glass bowl add oil, chicken in small pieces, crushed corn, ginger paste, garlic paste, corn flour paste & water, mix it well and cook. Serve hot.
6-5	**Chicken Manchow Soup**	450-500g	Boneless Chicken - 150 g, Ginger, Garlic, Green Chili - 1 tbsp. (small pieces), Salt & Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp.(dissolve in ½ cup of water), Vinegar - 1 tsp., Chili sauce - ½ tsp., Soya sauce - ½ tbsp., Oil - 2 tbsp., Water - 350 ml	In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste & chili sauce, soya sauce & vinegar, water, mix it well and cook. Serve hot.
6-6	**Seafood Soup**	300-350g	Water - 200 ml, Prawns - 100 g, Ginger, Garlic, Green Chili - 1 tbsp. (small pieces), Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp.(dissolve in ½ cup of water), Oil - 2 tbsp.	In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste & water, mix it well and cook. Serve hot.
6-7	**Mutton Soup**	300-350g	Boneless Mutton - 150 g, Ginger paste - 1tsp., Garlic Paste - 1tsp., Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Oil - 2 tbsp., Water - 300 ml	In microwave safe glass bowl add oil, mutton in small pieces, ginger paste, garlic paste, corn flour paste & water, mix it well, cook. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
6-8	**Herb Chicken Soup**	350-400g	Boneless Chicken - 150 g, Chopped Celery - 1 tbsp., Chopped Parsley - 1 tbsp., Oregano - ½ tsp., Chopped Coriander - 1 tbsp., Ginger Paste - 1tsp., Garlic Paste - 1tsp., Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp.(dissolve in ½ cup of water), Oil - 2 tbsp., Water - 300 ml	In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, chopped celery, chopped parsley, oregano, chopped coriander, corn flour paste & water, mix it well and cook. Serve hot.
6-9	**Tom Yum Chicken Soup**	300-350g	Chopped Boneless Chicken - 150 g, Fresh Coriander Leaves a few springs, Green or Fresh red chili - 3~4, Lemon Grass - 4 inches stalk, Lime leaves - 4~5, Salt as per your taste, Thai red curry paste - 2 tbsp., Lemon juice - 2 tbsp., Water - 350 ml	In microwave safe glass bowl add water, boneless chicken, lemon grass, lime leaves & 2 red or green chili, salt, oil, thai red curry paste, lemon juice & cook. Serve hot.
6-10	**Chicken Chowmein Soup**	400-450g	Noodles - 100 g, Water - 2 cups, Chicken stock -1cup, Boiled Boneless Chicken - 100 g, Cabbage - 1 cup (shredded), Soya Sauce, Chili Sauce, Vinegar, Salt & Pepper as per your taste, Oil as required	In the microwave safe glass bowl take all ingredients except noodles and cook. When beep, add noodles and press start. Serve hot.
6-11	**Chicken Pizza**	200-250g	Pizza Base - 100g, Pizza Sauce - 3 tbsp., Boiled Boneless Chicken - 100 g, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning	Pre-heat the oven 200°C with the convection function. Add pizza toping, boneless chicken, cheese on pizza base. Put the pizza on multi-pan and insert in level 1. When beep select menu and cook. Serve with oregano and chili flakes on top.

Code	Food	Saving Size	Ingredients	Recommendations
6-12	**Fish Pepper**	350-400g	Fish slice - 300 g, Salt, Lemon juice, Pepper powder as per your taste, Oil - 3 tbsp., Chopped Onion - 4 tbsp., Chopped Tomato - 3 tbsp., Chopped Garlic - 2 tsp., Water as required, Coriander leaves - 1 tbsp.	Marinate fish slice with salt, lemon juice & pepper powder for one hour. In microwave safe bowl put oil, chopped onion, chopped tomato, chopped garlic & cook. When beep add marinated fish, salt to taste & ¼ cup of water and press start. Garnish with chopped coriander leaves.
6-13	**Lemon chicken**	400-450g	Boneless Chicken - 300 g, Lemon juice - 3 tbsp., Salt as per your taste, Honey - 3 tsp., Pepper powder - 1 tsp., Olive Oil - 2 tbsp., Corn Flour - 2 tbsp., Corn Flour Paste - 2 tbsp.(dissolve in ½ cup of water), Chopped Coriander leaves - 1 tbsp.	Marinate chicken with pepper powder, salt, lemon juice & keep for one hour in refrigerator. In microwave safe bowl take olive oil, marinated chicken & mix it well, and cook. When beep, add honey, corn flour paste & press start.
6-14	**Kheema Ball**	300-350g	Boiled Chicken Kheema - 175 g, Boiled & Mashed Potato - 3 ea, Ginger, Garlic paste, Salt, Garam Masala, Coriander, Lemon juice as per your taste, Bengali Gram powder - 2 tbsp.	Mix all the ingredients together. Make balls from it. Place the balls on the multi-pan, insert in level 2 and cook. When beep turn the balls over and press start button. Serve hot.
6-15	**Chili Chicken**	300-350g	Boneless Chicken - 250 g, Chopped Ginger - ½ tsp., Chopped Garlic - ½ tsp., Vinegar - 1 tbsp., Soya sauce - 2 tbsp., Ajinomoto - ½ tsp., Green chili - 4~5 ea (slit length ways), One medium capsicum : cut into thin strips, One small onion - cut into ½" thin strips, Onion leaves - 2~3 (cut into long strips), Sugar - 1 tsp., Salt as per your taste, Sherry - 2 tsp., Corn Flour - 2 tsp. (dissolve in ½ of water), Oil - 2 tbsp.	In microwave safe glass bowl mix oil, ajinomoto, ginger-garlic, chili, soya sauce & chicken and cook. When beep add all ingredients & ¼ cup of water, mix it well, cover it & press start. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
6-16	**Ginger Chicken**	300-350g	Boneless Chicken - cut into small pieces, Soya sauce - 3 tbsp., Grated Ginger - 1 tbsp., Thinly sliced Ginger - 1 tbsp., Spring onion - 3~4 (chopped with green part), Sherry - 2 tbsp., Ajinomoto - ½ tsp., Salt as per your taste, Pepper powder - 1 tsp., Corn Flour - 2 tsp. (dissolve in ½ of water), Oil - 2 tbsp	In microwave safe glass bowl mix oil, chicken, grated ginger, sherry, spring onion & soya sauce. Mix it well & cover it & cook. When beep add salt, pepper & sliced ginger. Mix it well, add corn flour paste, ¼ cup of water, mix it well and press start. Serve hot.
6-17	**Chicken with Mushroom & Baby Corn**	400-450g	Boneless Chicken - 225 g, Sliced Mushroom - 100 g, Diagonally sliced baby corn - 100 g, Garlic Paste - 1 tsp., Ginger Paste - 1tsp., Oil - 2 tbsp., Soya Sauce - 1 tsp., Vinegar - 1 tsp., Salt & Pepper as per your taste, Corn Flour - 2 tbsp.(dissolve with half cup of water), Ajinomoto - ¼ tsp.	In microwave safe glass bowl take oil, ginger paste, garlic paste, chicken and cook. When beep add mushroom, baby corn, all other ingredients, ½ cup of water, mix it well & press start. Serve hot.
6-18	**Schezwaan Chicken**	500-550g	Boneless Chicken - 400 g, Grind red chili - 10, Oil - 3 tbsp., Garlic paste - 1 tbsp., Garlic finely - 1 tbsp. (chopped), Tomato sauce - 4 tbsp., Vinegar - 1 tbsp, Red Chili Sauce - 2 tbsp., Soya Sauce -1½ tbsp., Salt & Sugar as per your taste, Corn flour - 1 tbsp., Ajinomoto - ¼tsp., Orange color - 1 pinch.	In microwave safe glass bowl add oil, chopped garlic, grind red chili and cook. When beep add garlic paste & all other ingredients. Mix it well & press start.

Code	Food	Saving Size	Ingredients	Recommendations
6-19	**Sweet & Sour Chicken**	400-450g	Boneless Chicken - 200 g, Cauliflower - 50 g (cut into ½ inch pieces), Carrot - 1 (medium size, cut into round), Spring Onion - 2~3 (finely chopped), Capsicum - 1 (medium, cut into long pieces), Tomato - 1 (cut into thick sticks), Vinegar - 4 tsp., Sugar - 2 tsp., Tomato sauce - 2 tbsp., Soya sauce - 1½ tsp., Ajinomoto - ¼ tsp., Oil - 2 tbsp., Orange red color - 1 pinch, Red Chili Powder, Salt as per your taste, Corn flour - 4 tbsp. (mixed in ¼ cup of water)	In microwave safe glass bowl add oil, red chili powder, chicken and cook. When beep add carrot, spring onion, cauliflower, capsicum, tomato & all other ingredients. Mix it well & press start. Serve hot.
6-20	**Chicken Hong Kong**	400-450g	Boneless Chicken - 250 g(cut into bite size pieces), Cashew nut - 15~20, Dried broken red chilies - 6, Fresh garlic - 4~5 (chopped), Sherry - 2 tbsp., Salt & Sugar as per your taste, Oil - 2 tbsp., Ajinomoto - ½ tsp., Cornflour - 2 tsp. (dissolve in 1 cup of water)	In microwave safe glass bowl add oil, ginger, soya sauce, sherry, ajinomoto, salt, sugar, chicken and cook. When beep add broken dried red chili powder, garlic, corn flour, cashew nut, all other ingredients. Mix it well and press start.
7 Indian Special Chicken Dishes				
7-1	**Chicken with capsicum**	450-500g	Chicken Breast - 250 g, Chopped Spaghetti - 75 g, Chopped green, Red, Yellow capsicum - Each 1 ea, Chopped Onion - 1 ea, Chopped tomato - 2 ea, Olive oil - 4 tbsp., Salt & pepper as per your taste, Grated cheese - 2 tbsp., Water - ½ cup	In microwave safe glass bowl add olive oil, chicken, salt and cook. When beep add all ingredients. Mix it well, add water, cover it & press start. Sprinkle grated cheese & serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
7-2	**Chicken Korma**	500-550g	Chicken - 450 g, Cashew nut powder - 2 tbsp., Ginger-garlic & green chili paste - 2 tbsp., Yogurt - ½ cup, Red chili powder - 1 tsp., Coriander powder - 2 tsp., Oil - 3 tbsp., Salt - as per your taste, Fresh cream - ½ cup, Garam Masala Powder - 1 tsp., Turmeric powder - 1 tsp., Chopped Coriander leaves	Beat yogurt with ginger-garlic & green chili paste, red chili powder, coriander powder & salt. Marinate chicken in this mixture for one hour. Take it in refrigerator. In microwave safe glass bowl take oil, marinated chicken & cook. When beep mix cashew nut paste, garam masala powder and press start. Mix it well & serve hot. Garnish it with chopped coriander leaves.
7-3	**Mirchi Chicken**	400-450g	Chicken legs - 5~6, Chopped coriander leaves - 2 tbsp., Oil - 4 tbsp., Tomato puree - 1 cup, Sugar & salt as per your taste, Onion paste - 4 tbsp, Ginger-garlic & green chili paste - 2 tbsp., Lemon juice - 2 tsp., Garam Masala - 1 tsp	Marinate chicken with onion, ginger-garlic & green chili paste. Place it in refrigerator for 2-3 hrs. In microwave safe glass bowl add oil, marinated chicken & cook. When beep add tomato puree, salt, sugar, garam masala & press start. Garnish with coriander leaves & serve hot.
7-4	**Butter chicken**	500-550g	Boneless Chicken - 400 g, Lemon juice - 1 tbsp., Kashmiri red chili powder - 1 tsp., Salt & sugar - as per your taste, Butter - 4 tbsp., Ginger-garlic paste - 2 tbsp., Garam Masala - 1 tsp., Yogurt - ½ cup, Dried fenugreek leaves - 1 tsp., Mustard oil - 2 tsp., Chopped onion paste - 1 cup, Tomato puree - ½ cup, Chopped coriander - 1 tbsp., Fresh cream - ½ cup & orange-red color - 1 pinch	Marinate chicken with yogurt, mustard oil, lemon juice, ginger-garlic paste & place it in refrigerator for 1 hr. In microwave safe glass bowl add butter, onion paste, chicken & cook. When beep add all other ingredients, mix it well & cover it & press start. Garnish with chopped coriander.

Code	Food	Saving Size	Ingredients	Recommendations
7-5	**Chicken & Mushroom with Tomato**	500-600g	Boneless Chicken - 450 g, Chopped Mushroom - 8~10, Spring onion - 3~4, Finley chopped Garlic - 5~6, Chopped red chili - 1 tbsp., Pepper powder - ¼ tsp., Tomato puree - ½ cup, Honey - 2 tsp., Oregano - ¼ tsp., Butter - 2 tbsp., Salt as per your taste	In microwave safe glass bowl take oil, garlic, chicken, salt and cook. When beep add mushroom, tomato puree & all other ingredients, mix it well. Cover it and press start. Sprinkle spring onion & serve hot.
7-6	**Chicken with Fenugreek**	500-550g	Chicken - 500 g (medium size pieces), Chopped fresh fenugreek - 2 cup, Coriander leaves - 2 tbsp., Garam masala powder - 1 tsp., Red chili powder - 1 tsp., Yogurt - 1 cup, Butter - 2 tbsp., For Fine Paste : Onion - 1 ea, Garlic - 4~5 cloves, Ginger - 1", Green chili - 2~3, Water - 1 cup	In microwave safe glass bowl take butter, chicken, paste and cook. When beep add fenugreek leaves, yogurt & all other ingredients, ½ cup of water press start. Serve hot. Garnish with coriander leaves.
7-7	**Chicken Jalfrezi**	500-600g	Chicken - 500 g (medium size pieces), Onion - 1 (chopped), Garlic - 4~5 flakes, Tomato Puree - 4 ea, Grated Ginger - 1 tsp., Garam Masala - 1 tsp., Cumin Powder - 1 tsp., Red Chili Powder - 1 tsp., Lemon Juice - ½ tsp., Turmeric powder - 1 tsp., Oil - 3 tbsp., Capsicum - 1 ea, Cream - 1 cup	In microwave safe glass bowl add oil, onion, ginger, garlic, haldi, chicken and cook. When beep add capsicum & all other ingredients, all spices & lemon juice except cream. Mix well and press start. After done add cream, mix it well & serve hot.
7-8	**Chicken Jafrani**	600-700g	Chicken - 500 g (cut into long pieces), Yogurt - ½ cup, Lemon juice - 2 tbsp., Cream - ½ cup, Salt as per your taste, Garam Masala - 1 tsp., Coriander powder - 1 tsp., Cumin powder - 1 tsp., Saffron - ¼ tsp., Chopped coriander - 1 tsp. for garnish	Beat well yogurt, cream & lemon juice & add all other ingredients. Marinate chicken & put it in refrigerator for 2 hrs. In microwave safe glass bowl add marinated chicken, cover it and cook.

Code	Food	Saving Size	Ingredients	Recommendations
7-9	**Pickled Chicken**	350-400g	Boneless chicken - 250 g (cut into long & thin strips), Red chili powder - ½ tsp., Vinegar - 4 tbsp., Sugar - 1 tbsp., Soya sauce - 1 tsp., Tomato sauce - 2 tbsp., Oil - 2 tbsp., Salt & sugar as per your taste. Orange red color - 1 pinch, Corn flour - 2 tsp. (dissolve with ½ cup of water)	In microwave safe glass bowl add oil, ginger, red chili powder & chicken. Mix it well & cook. When beep add all other ingredients. Mix it well & press start. Note : Instead of chicken, fish & prawns can be used.
7-10	**Yogurt Chicken**	500-600g	Chicken - 500 g, Yogurt - 1 cup, Finely chopped mint leaves - 1 tbsp., Corn flour - 1 tbsp.(mix in 2 tbsp. water), Oil - 2 tbsp., Chopped onion - 1 ea, Chopped green chili - 2~3, Chopped ginger - 1 tbsp., Garam Masala - 1 tsp., Dried fenugreek leaves - 1 tsp., Salt as per your taste, Chopped coriander - 1 tbsp.	In microwave safe glass bowl add oil, onion, green chili, ginger & chicken, mix it well & cook. When beep add all other ingredients, ½ cup of water. Cover it and press start. Sprinkle chopped mint & coriander leaves. Serve hot.
7-11	**Chicken Makhani**	600-700g	Chicken - 600 g (cut into pieces of your choice), Chopped onion - 1 ea, Ginger paste - 1 tsp., Garlic paste - 1 tsp., Tomato puree - ½ cup, Garam Masala - 1 tsp., Coriander powder - 1 tsp., Cumin powder - 1 tsp., Chili powder - 1 tsp., Turmeric powder - 1 tsp., Dried Fenugreek leaves - 1 tsp., Cashew nut powder - 4 tbsp., Cream - ½ cup, Oil - 4 tbsp., Orange-red colour - 1 pinch, Chopped coriander leaves	In microwave safe glass bowl take oil, ginger-garlic paste, onion, turmeric, chili powder, chicken and cook. When beep add all other ingredients, 1 cup of water. Cover it and press start. Garnish with coriander leaves.

Code	Food	Saving Size	Ingredients	Recommendations
7-12	**Chicken Dil Bahar**	600-700g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 ea, Garlic paste - 1 tsp., Oil - 4 tbsp., Chopped green chili - 2~3, Chopped Almond paste - 2 tbsp., Garam Masala - 1 tsp., Milk - 1 cup, Chopped coriander - 1 tbsp., Water - ½ cup, Salt as per your taste	In microwave safe glass take oil, onion, garlic paste, green chili, chicken. Mix it well and cook. When beep add all other ingredients ½ cup of water, cover it and press start. Garnish with coriander leaves.
7-13	**Green Chicken**	700-800g	Chicken - 500 g(cut into pieces of your choice), Chopped green chili - 3~4, Chopped coriander - ½ cup, Chopped mint - ¼ cup, Two sticks chopped celery, Chopped spring onion - 2 ea, Garlic paste - 1 tsp., Ginger paste - 1 tsp., Cumin powder - 1 tsp., Oil - 3 tbsp., Salt - 1 tsp.	Grind together mint, coriander, celery, green chili to a paste. In microwave safe glass bowl take oil, green paste & all other ingredients. Mix well and cook. When beep add ½ cup water, mix it well and press start. Serve hot.
7-14	**Goanese Chicken**	600-700g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 ea, Chopped tomato - 2 ea, Ginger-garlic paste - each 1 tsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Cumin powder - 1 tsp., Cinnamon powder - ½ tsp., Oil - 4 tbsp., Vinegar - 2 tbsp., Water - 1 cup	In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When beep add 1 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves and serve hot.
7-15	**Chicken Masala**	500-600g	Chicken - 400 g (cut into pieces of your choice), Chopped onion - 3 ea, Chopped tomato - 3 ea, Ginger-garlic paste - each 1 tsp., Turmeric, Red chili powder - each 1 tsp., Garam Masala - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped coriander, Water - 1 cup	In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When beep add 1 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves & serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
7-16	**Kadhai Chicken**	600-700g	Chicken - 400 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - ½ cup, Red chili powder - ½ tsp., Coriander powder - 1 tsp., Garam masala - 1 tsp., Sugar - 1 tsp., Two large capsicum cut into strips, Corn flour - 2 tbsp. (dissolve in 3 cups of water), Oil - 4 tbsp., Dried fenugreek leaves - 1 tsp.	In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder and cook. When beep add 3 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves & serve hot.
7-17	**Kheema Masala**	400-500g	Kheema (chicken) - 200 g, Chopped onion - 1 ea, Chopped tomato - 1 ea, Ginger garlic paste - 1 tsp., Turmeric, Salt, Red chili, Cumin powder, Garam masala as per taste, Oil and water as required, Dhaniya for garnishing	In microwave safe glass bowl take kheema with water and cook. When beep drain water and keep aside. In another microwave safe bowl add oil, chopped onion, tomato, ginger garlic paste and all the masala and press start. After done, add boiled kheema to this, mix well and serve.
7-18	**Chicken Chettinad**	700-800g	Chicken - 500 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - ½ cup, Red chili powder - ½ tsp., Chopped onion - 2 ea, Coconut Oil - 3 tbsp., Curry leaves -10~12, Freshly Crushed pepper - 2 tsp., Chopped Coriander powder - 1 tsp., Garam masala - 1 tsp., Water - 2 cups, Yogurt - ½ cup	Marinate chicken with yogurt, ginger-garlic paste, pepper corns, salt and keep in refrigerator for 1 hr. In microwave safe glass bowl add coconut oil, chopped onion, garam masala and marinated chicken. Mix well and cook. When beep add all other ingredients mix it well and press start. Garnish with coriander leaves. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
7-19	**Hyderabadi Chicken**	700-800g	Chicken - 600 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - ½ cup, Finely chopped onion - 2 ea, Finely Chopped tomato - 2 ea, Oil - 4 tbsp., Water - 1 cup, Cream - 4 tbsp., Salt as per taste, Chopped coriander leaves. For paste : Red chili - 4~5, Cashew nut - 10~12, Magaj - 2 tbsp., Poppy seeds - 1 tbsp., Almond - 7~8, Cloves - 4 ea, Cinnamon - 2 sticks, Cardamom - 2 ea, Make a fine paste of all these ingredients.	In microwave safe glass bowl add oil, finely chopped onion, chicken with given paste and cook. When beep add all other ingredients, water, mix it well and press start. Garnish with coriander leaves. Serve hot.
7-20	**Pepper Chicken**	400-450g	Boiled boneless chicken - 300 g, Salt, Lemon juice, Pepper powder as per your taste, Oil - 3 tbsp., Chopped onion - 4 tbsp., Chopped tomato - 3 tbsp., Chopped garlic - 2 tsp., Water as required, Coriander leaves - 1 tbsp.	Take boiled chicken, marinate with salt, lemon juice, pepper powder for 1 hour. In microwave safe bowl put oil, chopped onion, chopped tomato, chopped garlic and cook. When beep add marinated chicken, salt to taste, ¼ cup of water and press start. Garnish with chopped coriander leaves.
8 Tandoori				
8-1	**Roasted Prawns**	600-700g	Prawns - 500 g, Chopped onion - 2 ea, Chopped tomato - 2 ea, Oil - 2 tbsp., Red Chili powder - 1 tsp., Turmeric powder - ½ tsp., Ginger-garlic paste - each 1 tsp., Garam Masala - 1 tsp., Cumin powder - 1 tsp., Coriander powder - 1 tsp., Chopped coriander leaves - 2 tbsp. Little water	In microwave safe glass bowl add oil, finely chopped onion, chopped tomato, ginger-garlic paste, red chili powder, turmeric powder and cook. When beep add prawns, all other ingredients mix it well, and press start. Garnish with coriander leaves. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
8-2	**Fish cutlet**	350-400g	Fish fillet - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.	In bowl take fish fillet , all other ingredients except oil and mix well. Make cutlets. Put them on multi-pan, insert in level 2. Add some oil around cutlets and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-3	**Fish Tikka**	500g	Fish (pomfert) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.	Marinate fish slice with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Put them on multi-pan, insert in level 2. Put some oil around and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-4	**Green Masala Pomfert**	400g	Fish (pomfert) - 400 g, Ginger-garlic paste - 1 tsp. each. Oil - 2 tbsp., Semolina - 2 tbsp., Salt as per your taste, Coriander leaves - 2 tbsp. For green paste : Fresh coconut - 1 cup, Coriander leaves - 4 tbsp., Green chili - 2~3, Cumin seeds - 1tsp., Garlic - 10~12 cloves, Lemon juice - 1tbsp., Salt & Sugar as per your taste, Make a fine paste of it.	Make the slice of the fish. Apply the green paste all over the fish. Roll out fish in semolina. Put them on multi-pan, insert in level 2. Put some oil around and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-5	**Fish Malai Kebab**	400-450g	Fish fillet - 300 g, Garlic paste - 1 tsp., Anissed powder - 1 tsp., Dry mango powder - 1 tsp., Red chili powder- 1 tsp., Cream - 4 tbsp., Oil - 2 tbsp., Salt as per your taste, Coriander leaves - 1 tbsp.	Place fish in a bowl. Add all the ingredients & mix well. Let it marinate for 2 hrs. at refrigerator. Place kebab on multi-pan and insert in level 2. Put some oil around kebabs and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
8-6	**Goanese Fish Kebab**	400-500g	Surmai (Goanese fish) - 300 g (cut into pieces), Tamarind juice - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - ½ tsp., Cumin powder - ½ tsp., Coconut oil - 1 tbsp., Rice flour - 1 tbsp., Chopped peppercorn - 1 tsp., Salt as per your taste, Coriander leaves - 1 tbsp.	Place fish in a bowl. Add all the ingredients & mix well. Let it marinate for 1 hr. at refrigerator. Place kebab on multi-pan and insert in level 2. Put some oil around kebabs and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-7	**Sesame Fish (Goanese Recipe)**	400-500g	Surmai (Goanese fish) - 400 g (cut into pieces), Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Turmeric powder - ½ tsp., Garam Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Coconut oil - 2 tbsp., Rice flour - 1 tbsp., Salt as per your taste, Sesame seeds - 4~5, Coriander leaves - 1 tbsp.	In a bowl add fish & all the other ingredients except sesame seeds & mix well & let marinate for 2 hrs. at room temperature. Lift one piece at a time & roll in sesame seed so that it is fully covered. Place fish on multi-pan and insert in level 2. Put some oil around fish and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-8	**Coconut Fish Kabab**	400-500g	Fish (pomfert) - 400 g (cut into pieces), Ginger- garlic paste - each 1 tsp., Pepper powder - ½ tsp., Cumin powder - ½ tsp., Lemon juice - 2 tbsp., Corn flour - 1 tsp., Powdered coconut (desiccated coconut) - 4 tbsp., Salt as per your taste	In a bowl add fish pieces & all other ingredients except coconut. Mix well, late it marinate for 2-3 hrs. at room temperature. Pick fish pieces one by one & roll into the coconut so that fully coated with it. Place fish on multi-pan and insert in level 2. Put some oil around the kebabs and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
8-9	**Chicken Tikka**	400-450g	Boneless chicken - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.	Marinate chicken with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Put on multi-pan and insert in level 2. Put some oil around the tikkas and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-10	**Kheema Cutlet**	350-400g	Boiled Kheema - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.	In bowl take kheema & all other ingredients except oil & mix well. Make cutlets. Put them on a metal tray, add some oil around the cutlets. Put them on multi-pan and insert in level 2. Put some oil around the cutlets and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-11	**Chicken Malai Kebab**	400-450g	Boneless chicken - 300 g, Garlic paste - 1 tsp., Anissed powder - 1 tsp., Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Cream - 4 tbsp., Oil - 2 tbsp., Salt as per your taste, Coriander leaves - 1 tbsp.	Place chicken in a bowl. Add all the ingredients & mix well. Let it marinate for 2 hrs. at refrigerator. Place kebab on multi-pan and insert in level 2. Put some oil around kebabs and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-12	**Green Chicken Kebab**	400 -450g	Boneless chicken - 400 g, Ginger-garlic paste - 1 tsp. each. Oil - 2 tbsp., Semolina - 2 tbsp., Salt as per your taste, Coriander leaves - 2 tbsp. For Green paste : Fresh coconut - 1 cup, Coriander leaves - 4 tbsp., Green chili - 2~3, Cumin seeds - 1tsp., Garlic - 10~12 cloves, Lemon juice - 1tbsp., Salt & sugar as per your taste & make a fine paste of it.	Make the slice of the chicken. Apply the green paste all over the chicken pieces. Roll out fish in semolina. Keep on multi-pan and insert in level 2. Put some oil around kebabs and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
8-13	**Chicken Kheema cutlet**	350-400g	Boiled Kheema - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.	In bowl take chicken kheema, all other ingredients except oil & mix well. Make cutlets. Put them on a metal tray, put some oil around the cutlets. Keep this on multi-pan and insert in level 2. Put some oil around the cutlets and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-14	**Saucy Kebab**	500-550g	Boiled Kheema - 500 g, Ginger-garlic-green chili paste - 1 tsp. each, Chopped onion - 1 ea, Red chili powder - 1 tsp., Cumin powder - ½ tsp., Garam Masala - 1 tsp., Salt as per your taste, Corn flour - 2 tbsp. For sauce : Mix vinegar - 1 tsp., Soya sauce - 1 tsp., Tomato sauce - 2 tbsp., Chili sauce - 1 tbsp.	Mix kheema, all other ingredients and shape into kebab as you wish. Apply little oil, place this on multi-pan and insert in level 2. Put some oil around kebabs and cook. When beep, turn them over and press start. Coat kebab with sauce. Serve hot.
8-15	**Sesame Chicken**	400-500g	Boneless chicken - 400 g (cut into pieces), Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Turmeric powder - ½ tsp., Garam Masala - 1 tsp., Ginger-garlic paste - 1 tsp. each, Coconut oil - 2 tbsp., Rice flour - 1 tbsp., Salt as per your taste, Sesame seeds - 4~5, Coriander leaves - 1 tbsp.	In a bowl add chicken, all the other ingredients except sesame seeds and mix well, let marinate for 2 hrs. at room temperature. Lift one piece at a time, roll in sesame seed so that it is fully covered. Place fish on multi-pan and insert in level 2. Put some oil around chicken and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
8-16	**Tandoori Chicken**	500-600g	Chicken - 500 g, Garlic paste - 1 tsp, Ginger paste - 1 tsp., Red chili powder - 1 tsp., Coriander, cumin powder - 1 tsp. each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp., Salt to taste, Oil - 2 tbsp., Garnish with onion ring & lemon pieces	In a bowl mix all ingredients except oil. Add chicken & mix well. Let it marinate for 2-3 hrs. in refrigerator. Place chicken on multi-pan and insert in level 2. Put some oil around and cook. When beep, turn them over and press start. Garnish with onion ring & lemon pieces. Serve hot.
8-17	**Tandoori Mutton**	500-600g	Boneless Mutton - 500 g, Garlic paste - 1 tsp, Ginger paste-1 tsp., Red chili powder - 1 tsp., Coriander, cumin powder - 1 tsp. each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp., Salt - to taste, Oil - 2 tbsp., Garnish with onion ring & lemon pieces	In a bowl mix all ingredients except oil. Add mutton & mix well. Let it marinate for 2-3 hrs. in refrigerator. Place mutton on multi-pan and insert in level 2. Put some oil around and cook. When beep, turn them over and press start. Garnish with onion ring & lemon pieces. Serve hot.
8-18	**Mutton Tikka**	400-450g	Mutton (cut into pieces) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp., Ginger-garlic paste - 1 tsp. each, Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.	Marinate mutton with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Keep on multi-pan and insert in level 2. Put some oil around and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.
8-19	**Fish Tikka Achari**	450-500g	Surmai fillets - 300 g (cut into 2" pieces), Lemon juice - 2 tbsp., Ginger-garlic paste - 1 tsp. each, Turmeric powder - ½ tsp., Kashmiri red chili powder - 2 tsp., Mustard seed powder - 1 tsp., Onion seeds powder - 1 tsp., Fenugreek seed powder - ½ tsp., Black salt - ½ tsp., Mustard oil - 2 tbsp., Yogurt whisked - 1 cup, Butter - 2 tbsp.	Place the fish in a bowl, add salt, lemon juice, ginger-garlic paste, turmeric powder, chili powder, mustard seed powder, fenugreek seed powder, onion seed powder, mix it well & take it refrigerator for 2 hrs. Arrange the fish pieces and brush the oil, put it on multi-pan and insert in level 2. Put some oil around tikkas and cook. When beep turn the pieces, apply little oil and press start. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
8-20	**Tandoori Chicken Chaat**	350-400g	Boneless Chicken - 250 g, Red chili powder - 1 tsp., Ginger-garlic paste - 1 tsp, Yoghurt - ½ cup, Salt to taste, Lemon juice - 1 tbsp., Garam masala - 1 tsp., Oil - 2tbsp., Small green, yellow, red capsicum seeded - 1 (thin strip), Onion - 1 (medisum size, sliced), Green chili - 2 (chopped), Chopped coriander - 2 tbsp., Chaat masala - 1 tsp.	In glass bowl take chicken with oil, ginger garlic paste yogurt, salt, lemon juice, garam masala. Mix it well & take it in refrigerator for 2 hrs. Preheat it in oven for 200°C. When beep put all this on multi-pan and insert in level 1. Select menu and cook. After done, add all other ingredients, mix it well, garnish with coriander.
9 All time favorite				
9-1	**Chicken a'la Kiev**	550-600g	Boneless chicken - 500 g, French beans - 18~20 (cut into 1 piece), Carrots - 2 (medium size, cut into 1 piece), Sticky celery - 2 (chopped), Capsicums - 2 (cut into ¼" pieces), Milk - ½ cup, Maida - 2 tbsp., Pepper - 1 tsp., Mustard powder - 1tsp., Salt - 1tsp., Grated cheese(Amul) - 4 tbsp.	In microwave safe glass bowl mix chicken, carrots, celery, french beans, 2-3 tbsp water, cover it and cook. When beep add all ingredients and press start. Add grated cheese. Garnish with parsley or coriander.
9-2	**Poulet a'la Burgundy**	600-650g	Boneless chicken-500 g, Oil - 2 tbsp., Garlic - 3~4 flakes(minced), Spring onions - 3~4 (chopped), Celery - 2~3 sticks (chopped), Tej patta (bay leaf) -1, Red wine - ¼ cup, Flour(maida) - 2 ½ tbsp., Ajwain - ½ tsp(powdered), Pepper powder - 1 tsp., Salt - 1 tsp.	In microwave safe glass bowl mix chicken with oil, garlic, chopped spring onions, bay leaf, celery and cook. When beep in another dish take flour, all ingredients, chicken and cook. Sprinkle spring onion greens on top and serve hot with garlic bread.

Code	Food	Saving Size	Ingredients	Recommendations
9-3	**Chicken & Mushroom Gratin**	500-550g	Boneless chicken - 200 g (cut into bite size pieces), Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp., Maida (flour) - 2 tbsp., Salt - 1 tsp., Pepper - 1tsp., Rum or sherry (optional) - 1tsp., Cream - 100 g (½ cup), Water - ½ cup, some chopped celery or coriander leaves for garnishing	In microwave safe plate butter, maida and cook with MWO 800W for 3 minutes. Take it cake tin and add chicken, all other ingredients. Put it on the multi-pan, insert in level 2 and cook. Sprinkle chopped celery or coriander and serve hot.
9-4	**Meat Loaf**	500-550g	Keema - 500 g(Meanced meat), Curd - 3/4 cup, 2 eggs, Garlic paste - 1 tsp., Ginger paste - 1 tsp., Garam masala powder - 1 tsp., Lemon juice - 2 tbsp., Chopped coriander leaves - 2 tbsp., Salt - 1 tsp., Pepper - 1 tsp.(adjust to taste), Bread slices - 3 pieces (soaked in water, squeezed & crumbled) For sauce : Maida - 1 tsp., Mustard powder - ½ tsp., Worcestershire sauce - 1 tbsp., Tomato sauce - 1 tbsp., Chili sauce - 1 tbsp.	Mix all ingredients given under loaf. Grease the dish & put keema in it and cook with MWO 800W for 6 minutes. To the juices, add all ingredients given under sauce. Pour the sauce on a loaf. Put on multi-pan, insert in level 2 and cook. Serve with sauce & decorate with coriander.
9-5	**Thai Chicken**	900g	For green paste : Green chillies - 6~8, Spring onions - 3ea(chopped along with the green part) , Lemon grass leaves - 4(optional), Ginger - 2" piece, Coriander leaves - 3 tbsp. For main dish : Boneless chicken - 700~800 g(cut into pieces), Coconut milk - 1 ½ cups, Salt - 1½ tsp., Jaggery - a tiny piece, Coriander powder - 1 tbsp., Cumin powder - 1 tbsp., Oil - 2 tbsp.	In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add chicken, oil and cook. When beep, add salt jaggery and coconut milk. Mix well and press start.

Code	Food	Saving Size	Ingredients	Recommendations
9-6	**Chicken Pulao**	600-700g	Basmati rice - 1½ cup, Boneless chicken - 4 pieces (2 legs & 2 thighs or 2 legs & 2 breasts), Onions - 2 (medium size, sliced thinly), Cloves - 4, Cinnamon - 1", Black cardamom - 2, Pure ghee - 3 tbsp., Chopped tomatoes - 2, Salt - 2 tsp., Garam masala - 1tsp., Red chili powder - 1 tsp., Garlic paste - 1tsp., Ginger paste - 1 tsp., Water -2 ½ cups	In microwave safe glass bowl add ghee onion, black cardamom and cook. When beep, add rice chicken, tomatoes, salt, garam masala, red chillies, garlic, ginger paste, water. Mix well and press start. Serve hot.
9-7	**Keema Pulav**	350-400g	Keema - 200 g, Basmati Rice - 1 cup, Ghee - 4 tbsp, Cloves - 5 laung, Green cardamoms (broken) - 4, Ginger paste - 1tbsp., Cinnamon - 1" piece, Bay leaf - 1, Onion - 1 (sliced thinly), Red chili powder - 1 tsp., Salt - 1tsp., Garam masala - 1 tsp.	In microwave safe glass bowl mix ghee, laung, dalchini, bay leaf, cardmoms, rice, onion and cook. When beep, add keema, rice, water, mix it well and press start. Serve hot.
9-8	**Mutton Malai**	650-700g	Mutton - 400 g, Ginger Garlic paste - 1 tbsp., Green chilies finely - 3~4(chopped), Salt - 1¼ tsp., Magaz paste - 2 tbsp, coriander - for garnishing, Oil- 2 tbsp water ½ cup For Gravy : Curd - 1 cup, Ginger Julian - 1 tbsp., Salt - 1 tsp., Red chili powder - 1 tsp., Cumin powder - 1 tsp., Cream - 1 cup, Garam masala - 1 tsp.	In a microwave safe bowl add mutton, magaz paste, ginger garlic paste, chilli paste and oil and ¼ cup water and cook. When beep add all other ingredients and cook. Garnish with fresh coriander

Code	Food	Saving Size	Ingredients	Recommendations
9-9	**Spinach, Corn & Chicken in Ginger Sauce**	600-650g	Boneless chicken - 250 g, Spinach - 250 g (remove stem & tear each leaf into 2-3 pieces), Frozen corn kernels - ½ cup, Ginger paste - ½ tbsp., Salt & pepper powder - each ¾ tsp., Corn flour paste - 2 tbsp.(dissolve in ¼ cup of water), Oil - 2 tbsp. For sauce : Tomato sauce - 2 tbsp., Tomato puree - ½ cup, Soya sauce - 1tsp., Sugar - ½ tsp., Ajinomoto - ¼ tsp., Tomato - ½ cut(into 4 pieces)	Take spinach leaves in a large bowl, add corn flour paste to it and cook. When beep, add oil, chicken in small pieces, ginger paste, corn flour paste, spinach mixture, all other ingredients and mix it well and press start. Mix it well & serve hot.
9-10	**Chicken Chowmein**	350-400g	Boiled Chicken - 100 g, Noodles - 100 g, Onion - 1 ea(cut into thin slices), Capsicum - 1 ea (shredded into thin strips), Carrot - 1 ea (matchsticks size), Cabbage - 1 cup (shredded), Salt - ¾ tsp., White Pepper - 1 tsp., Sugar - 1 pinch, Ajinomoto - ¼ tsp., Soya sauce - 1~2 tsp., Vinegar - ½ tbsp., Chili sauce - 1 ½ tsp., Oil - 2 tbsp., Water - 3 cups	Make the noodles by adding water, salt, oil, mix it well and cook. When beep spread on a greased tray to cool. In a microwave safe glass bowl add all other ingredients with chicken, mix well and press start. After done add noodle, mix well and serve hot.
9-11	**Chicken with Sweet & Spicy vegetables**	400-450g	Boneless Chicken breast - 200 g, Pineapple juice - ½ cup, Baby corns (cut into lengthwise) - 3~4, Broccoli/ cauliflower florets - 4~5, Mushrooms - 3~4 (cut into pieces), Slices of pineapple - 2 ea, Small capsicum - 1 ea (cut into pieces), Red chili paste - 1 tbsp., Crushed garlic - 1 ½ tsp., Spring onion white - 2~3 cut into slices, Red bell pepper - 2(sliced), Ajinomoto - ¼ tsp., Sugar - 4 tsp., Soya sauce - 1 tsp., Salt to taste, Stock cube - 1 crushed, Corn flour - 4 tbsp. (mixed in ¼ cup of water), Water - 2 cups	In microwave safe bowl add water, pineapple juice, baby corn, florets & mushrooms and cook. When beep add chicken, all other ingredients, mix it well and press start. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
9-12	**Chicken in Thai Red curry**	500-550g	Boneless chicken - 400 g, Kashmiri red chili - 4~5 dry, Onion - ½, Garlic - 8~10 flakes, Chopped ginger - 1 tsp., Lemon grass - 1 , Coriander seeds - 1 ½ tsp., Cumin seeds - 1 tsp., Saboot kali mirch - 6, Soya sauce - ½ tsp., Lemon juice - 1 tbsp., Salt & sugar - each 1 tsp., Baby corns - 4~5, Small carrot - 1 ea, Cauliflower - ½ cup, Mushrooms - 2 ea, Basil leaves - 8~10, Coconut milk - 2 cups	Make fine paste of red chili, water. In microwave safe glass bowl add oil, red curry paste, onion, ginger-garlic paste and cook. When beep add coconut milk, all vegetables, all other ingredients with chicken and press start. Add salt, sugar, add basil leaves. Serve hot with steamed rice.
9-13	**Chicken Pasta in tomato puree**	450-500g	Boneless chicken - 150 g, Macaroni or pasta - 2 cups, Capsicum - 1 ea (cut into pieces), Tomato - 1 medium (cut into strips), Olive oil - 3 tbsp., Crushed garlic - 2 tsp., Tomato puree - 1 cup, Pepper - ½ tsp., Salt - 1 ¼ tsp., Oregano - ¾ tsp., Water - ½ cup, Cream - ½ cup, Water - 5 cups	In microwave safe glass bowl take oil add boneless chicken, macaroni, 4 cups of water and cook. When beep add all other ingredients, water as required and press start.
9-14	**Chicken au gratin**	400-450g	Boneless chicken - 250 g, White sauce - 2 cup, Butter - 2 tbsp., Salt - ¾ tsp., Pepper to taste, Tomato ketchup - 1 tbsp. Vegetables : Chopped French beans - 10~15, Carrots - 2 ea, Cauliflower - ½ , Peas - ½ cup, Potato - 1 ea cut into pieces, Bottle gourd - ½ cup, Grated cheese - ¼ cup	In microwave safe glass bowl add butter, chicken, vegetables, ½ cup of water and cook with MWO 800W for 6 minutes. Mix all other ingredients, mix it well, prinkle cheese. Take it on multi-pan and insert in level 2 and press start. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
9-15	**Chicken in hot Garlic Sauce**	500-550g	Boneless chicken - 250 g, Capsicum - 1 ea (cut into pieces), Oil - 3 tbsp., Garlic - 1 tbsp. (chopped), Dry red chili - 1 ea (cut into thin slices), Red chili paste - 1 tsp., Spring onion - 1 ea, Tomato ketchup - 3 tbsp., Red chili sauce - 1 tbsp., Soya sauce - 2 tsp., Vinegar - 1 tbsp., Pepper - ½ tsp., Sugar - ½ tsp., Corn flour - 4 tbsp. (dissolve in ½ cup of water)	In microwave safe glass bowl put chicken, capsicum, oil, chopped ginger-garlic, ½ cup of water and cook. When beep add all other ingredients, ¼ cup of water, cover it and press start.
9-16	**Chicken with Tomato Rice**	550-600g	Boneless chicken - 150 g, Soaked rice - 1 cup, Sprouted green gram - ½ cup, Finely chopped carrot - ½ cup, Finely chopped French beans - ½ cup, Oil - 2 tbsp., Peanuts - 3 tbsp., Cumin - ½ tsp., Slices of Onion - 1 small, Tomato puree - 4 tbsp., Tomatoes - 2 ea, Turmeric - 1 pinch, Garlic paste - ½ tsp., Garam Masala - ½ tsp, Salt - 1 tsp.	In microwave safe glass bowl take oil, add soaked rice, chicken, onion, sprouted green gram and cook. When beep add all other ingredients, 3 cups of water and press start. Serve hot.
9-17	**Chilly Chicken Pizza**	300-350g	Boiled Boneless chicken - 100 g (cut into pieces), Pizza base - 2 ea, Grated cheese - 150 g, Red chili paste - 1 tsp., Chopped onion & capsicum - ½ each, Soya sauce - 1 tsp., Vinegar - 1 tsp., Ajinomoto - 1 pinch, Salt & pepper - ½ tsp., Oregano - 1 tsp., Oil - 1 tbsp., Chopped Garlic flakes - 4 ea, Tomato puree - ½ cup, Tomato ketchup - 3 tbsp.	In microwave safe glass bowl take all ingredients and cook with MWO 800W for 5 minutes. Pre-heat the oven 220°C in convection mode. When beep, select menu and keep the pizza base with chilly chicken topping on multi-pan. Insert in level 1 and press start. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
9-18	**Chicken Croquettes**	500-550g	Chicken mince - 200 g, Butter - 1 tbsp., Chopped onion - ½, Green chili - 2 ea, Refined flour – 1 tbsp., Bread crumbs - 2 tbsp., Red chili flakes - ¼ tsp., Salt - ½ tsp., Pepper - ¼ tsp., Boiled Potato-2 medium Mayonnaise for serving	In a bowl add all ingredients and give them a desired shape. Grease the multi-pan and place croquettes on it and brush up a little butter, insert the pan in level 2. Select menu and cook. When beep turn them over and press start. Serve hot with mayonnaise.
9-19	**Crispy Chicken**	450-500g	Chicken - 250 g, Beat in Egg - 1 ea, Salt - ¼ tsp., Red chili powder - ¼ tsp., Bread crumbs - ½ cup, Oil - 1-2 tbsp. For Marinade : Butter - 2 tbsp., Garlic paste - 2 tsp., Chili powder - 1 ½ tsp., Cumin seeds powder - 1 tsp., Coriander powder - 2 tsp., Cinnamon - 1 tsp., Salt - 1 ½ tsp.	Marinated chicken with all marinade ingredients & put it in refrigerator for 1 hr. In bowl add oil, marinated chicken and cook. When beep add all other ingredients and press start. Serve hot.
9-20	**Chicken Sandwiches**	3 ea	Boiled Chicken - 100 g, Oil - 1 tbsp., Bread slice - 6 ea, Butter - 1 tbsp., Onion - ½ (cut into slices), Mayonnaise - 5~6 tbsp., Pepper - ½ tsp., Oregano - ¾ tsp., Mustard - 1 tsp.	In a glass bowl mix all ingredients except bread slice. Apply this mixture to one bread slice and put other bread slice on it. Make a sandwich and take it on the multi-pan, insert in level 2 and cook. When beep turn the side to make it golden in colour & and press start. Serve hot with tomato sauce.
10 Indian Famous Variety				
10-1	**Kheema kofta**	450-500g	Keema - 250 g, Ginger-garlic paste - 1 tsp., Green chilies - 2 (chopped), Garam masala - ½ tsp., Salt - 3/4 tsp., Bread-crumbs - ½ cup, Fresh coriander leaves - 2 tbsp (chopped) For Creamy tomato sauce : Tomato puree - 1 cup, Chopped ginger - 1 tbsp., Salt - 3/4 tsp., Red chili powder - 3/4 tsp., Cumin powder - 1 tsp., Cream - ½ cup, Orange red colour - 1 pinch	In microwave safe glass bowl take kheema, ginger-garlic paste, garam masala, chopped green chilies, salt, make a kofta and cook. When beep add creamy tomato sauce material, kofta and press start. Serve hot with coriander leaves.

Code	Food	Saving Size	Ingredients	Recommendations
10-2	**Mutton Tetrazini**	500-550g	Mutton - 250 g, Spaghetti - 100 g, Oil - 2 tbsp., Green capsicum - 1 small sized, Red capsicum - 1 small sized, Yellow capsicum - 1 small sized, Mushrooms - 4~5, Onion - 1 large sized, Garlic - 5-6 cloves, Basil Leaves - 5~6, Tomatoes - 4 medium size, Olive oil - 4 tbsp., Pepper powder - ½ tsp., Salt to taste, Grated Cheese - 1/3 cup	In microwave safe bowl mix oil, salt, mutton, 1 cup of water, cover it and cook. When beep add chopped capsicum, mushroom, onion, garlic, basil, tomato, pepper powder, salt, grated cheese and press start. Serve hot.
10-3	**Mutton Kurma**	800-850g	Boneless Mutton - 600 g, Cashewnuts - ½, chopped Green chillies - 2~3, Fresh coriander leaves - 1 few sprigs, Yogurt - 1 cup, Ginger-garlic paste - 2 tsp., Red chili powder - 1 tsp., Coriander powder - 2 tsp., Salt to taste, Oil - 2 tbsp, Bay leaf - 1, Cloves - 4~5, Green cardamom - 4~5, Green cardamoms - 4~5, Garam masala powder - 1 tsp., White pepper powder - ¼ tsp., Fresh cream - 1/3 cup	In microwave safe glass bowl add oil, boneless mutton, green chili, cloves, green cardamom, garama masala, white pepper powder, ginger-garlic paste, 1 cup of water and cook. When beep add all other ingredients, mix it well and press start.
10-4	**Mutton Mirchi**	800-900g	Boneless Mutton - 600 g, Cashewnuts - ½ cup, Green chillies - 2~3, Fresh coriander leaves - 1 few springs, Yogurt - 1 cup, Ginger-garlic paste - 2 tsps., Red chilli powder - 1 tsp., Coriander powder - 2 tsp., Salt to taste, Oil - 2 tbsp., Bay leaf - 1, Cloves - 4~5, Green cardamoms - 4~5, Garam masala powder - 1 tsp, White pepper powder - ¼ tsp., Fresh cream - 1/3 cup	Make a paste of green chili, coriander and spring onion. In microwave safe glass bowl add oil, boneless mutton, green paste, ½ cup of water and cook. When beep add all other ingredients and press strat.

Code	Food	Saving Size	Ingredients	Recommendations
10-5	**Butter Keema**	700-800g	Keema - 500 g, Lemon juice - 1 tsp., Kashmiri red chilli powder - 1 tsp., Salt to taste For marination : Yogurt - 1 cup, Salt to taste, Ginger paste - 2 tbsp, Garlic paste - 2 tbsp., Lemon juice - 2 tbsp., Garam masala powder - 1 tsp., Mustard oil - 2 tbsp. For gravy : Green chilies - 2, Dried fenugreek leaves - ½ tsp., Butter - 2~3 tbsp., Bay leaves - 2, Pepper corns - 10, Cinnamon - 2" stick, Green cardomums - 5 cloves, Ginger paste - 1 tsp., Garlic paste - 1 tbsp., Tomato puree - 2 cups, Red chili powder - 1 tbsp., Garam masala powder - ½ tsp., Salt to taste, Honey - 2 tbsp, Fresh cream - ½ cup	Marinate kheema with all marination ingredients and take it in refrigerator for 1 hr. In microwave safe glass bowl add marinated kheema, gravy mixture, red chili powder, salt and cook. When beep add lemon juice, ¼ cup of water, mix it well and press start. Serve hot.
10-6	**Mutton & Mushroom in hot Tomato Sauce**	700-750g	Boneless Mutton - 500 g, Chopped mushrooms - 10~12, Chopped spring onions - 3~4, Chopped garlic - 5 cloves, Red chili (crushed) - 1 tbsp., Pepper corns - 5~6, Chopped tomato - 1 large size, Butter - 2 tbsp., Salt to taste, Tomato - 3/4 cup, Honey - 2 tsp., Dried oregano - ¼ tsp.	In microwave safe add butter, mutton, 1 cup of water and cook. When beep add all other ingredients and press start. Serve hot.
10-7	**Bombay Prawn**	700-750g	Prawns - 500 g, Ginger-garlic - each 1 tsp., Cumin seeds - 1 tsp., Red chilies whole - 12~15, Cloves - 7~8, Cinnamon - 2 inch stick, Mustard seeds - 1 tsp., Vinegar - 4 tbsp., Chopped Onions - 2 medium size, Chopped tomato - 4 medium size, Oil - ½ cup, Sugar - 2 tbsp., Salt to taste	In microwave safe glass bowl take oil, chopped onion, chopped tomato, cumin seeds, ginger-garlic paste, cloves, cinnamon, cumin seeds, mustard seeds, chili, prawns and cook. When beep add vinegar, salt, sugar, mix it well and press start. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
10-8	**Prawns in Thai Red Curry Sauce**	350g	Prawns - 250 g, Oil - 2 tbsp, Lemon - 1 tsp., Soy sauce - 1 tsp., Grind coconut - 1 cup, Fresh basil leaves - 6~8 For red curry paste : Onion - 1 medium size, Garlic - 4 cloves, Red chillies whole - 8~10, Lemon grass stalk - 4" piece, Coriander seeds - 2 tsp., Cumin seeds - 1 tsp., Pepper corns - 6, Salt to taste	In microwave safe glass bowl take oil, ginger garlic, prawns, basil leaves and cook. When beep add coconut, red curry paste. Mix it well and press start. Serve hot.
10-9	**Chicken Vindaloo**	650-700g	Boneless Chicken - 500 g (cut into pieces), Dry red chilies - 6~7, Vinegar - 3 tbsp., Chopped Onion - 2 ea, Garlic & ginger paste - each 1 tsp., Tomato puree - ¼ cup, Potato - 1 ea, Oil - 3 tbsp., Stick cinnamon - 2", Cumin powder - 1 tsp., Turmeric powder - ½ tsp., Salt - 1 ½ tsp., Water - ½ cup	In microwave safe glass bowl take oil, stick cinnamon, turmeric powder, garlic-ginger paste, chopped onion, chicken and cook. When beep add potato, tomato puree, cumin powder & half cup of water. Mix it well and press start. Serve hot.
10-10	**Dum Chicken Kali Mirch**	600-650g	Chicken - 400g(cut into 8 pieces) Marinade : Thick yogurt - ½ cup, Almonds - 8~10 (ground to powder), Ginger-garlic paste - 1 tbsp., Oil - 1 tbsp., Red chili powder - ½ tsp., Salt - 3/4 tsp., Garama masala powder - ½ tsp. Other ingredients : Oil - 3 tbsp., Peppercorns - ½ tsp., Onion paste - 2 ea, Coriander powder - 1 tsp.	In microwave safe glass bowl take oil, chicken & marinated ingredients. Mix it well & keep it in refrigerator for 1 hr. and cook. When beep mix it well and press start. Serve hot.

Code	Food	Saving Size	Ingredients	Recommendations
10-11	**Bengali Fish Curry**	400-450g	Fish - 300 g (cut into 1½" flat pieces), Lemon juice - 1 tbsp, Salt - ½ tsp., Turmeric - ½ tsp., Oil - 4 tbsp., Chili powder - ¼ tsp, Chopped coriander - 1 tsp., Water - 1 cup Mustard paste (grind) : Yellow mustard - 4 tsp., Dry red chilies deseed - 2 ea, Finely chopped onion - 1, Salt - ¼ tsp., Water to grind - 2~3 tbsp.	In microwave safe glass bowl take oil, fish, lemon juice, chili powder, turmeric powder, salt and cook. When beep add mustard paste, one cup of water. Mix it well and press start. Serve hot with rice.
10-12	**Chicken Sirka ka Pyaz**	600-650g	Boneless chicken - 500 g(1" pieces)., Chopped onion - 3 ea, Vinegar - ½ cup, Black cumin - 1 tsp., Crushed cloves - 4, Cardamom Seeds crushed - 3, Chopped garlic -ginger - 1 tsp., Chopped tomato - 2 ea, Green chili - 1, Chopped mint - ¼ cup, Coriander - ¼ cup, Salt - 1 tsp., Garam masala - ½ tsp., Red chili powder - ½ tsp., Turemeric powder - ¼ tsp., Oil - 3 tsp., Cream -2tbsp., Water - 1 cup	In microwave safe glass bowl take oil, chicken, chopped onion, vinegar, black cumin, crushed cardamom seeds, chopped garlic ginger, green chili and cook. When beep add all other ingredients with water. Mix it well and press start. Serve hot.
10-13	**Badami Tangri**	550-600g	Drumsticks - 5 (500 g chicken legs) First marinade : Lemon juice - 2 tbsp., Oil - 1 tbsp., Salt - ½ tsp., Red chili powder - ½ tsp. Second Marinade : Yogurt - ½ cup, Oil - 2 tbsp., Ginger-garlic paste - 2 tbsp., Almonds ground to powder - 8~10, Thick cream - ¼ cup, Corn flour - 1 tbsp., Salt - 3/4 tsp., Chopped coriander - 2 tbsp., Dry fenugreek leaves - 2 tsp.	In microwave safe glass bowl take drum stick & add 1st marinade material, mix it well & keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinatde & keep it in refrigerator for 1 hr. Arrange drum stick in metal tray. Apply little oil & place it on multi-pan, insert in level 2. Put some oil around and cook. When beep turn it over and press start. Serve hot.

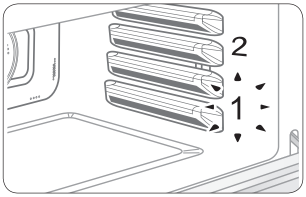
Code	Food	Saving Size	Ingredients	Recommendations
10-14	**Mahi Fish Tikka**	650-700g	Surmai - 500 g(cut into pieces), Gram flour - 3 tbsp., Lemon juice - 1 tbsp. First marinade : Vinegar or lemon juice - 2 tbsp., Red chili powder - ½ tsp., Salt - ¼ tsp., Second marinade : Yogurt - ½ cup, Carom seeds - ½ tsp., Ginger-garlic paste - 2tsp., Garam masala - ½tsp., Salt - 1 tsp., Pepper - ½ tsp., Corn flour - 1 tbsp.	In microwave safe glass bowl take fish & add 1st marinade material, mix it well & keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinade & keep it in refrigerator for 1 hr. Roll out in gram flour. Arrange fish in metal tray. Apply little oil and place it on multi-pan, insert in level 2. Put some oil around and cook. When beep turn it over and press start. Serve hot.
10-15	**Chicken hot & Sour Soup**	350-400g	Prawns - 200 g, Red chili paste - 2 tbsp, Tomato sauce - 4 tbsp., Soya sauce - 1 tbsp., Ajinomoto - ¼ tsp., Sugar - 2 tsp., Salt as per your taste, Water - 1 cup, Oil - 2 tbsp., Pepper powder - ¼ tsp., 1" ginger chopped, Garlic - 5~6 (chopped), Green chili - 1 tsp., Spring onion - 2 tbsp. (chopped), Water - ½ cup, Corn flour - 2 tbsp. (dissolve in 1 cup water), Vinegar - 1 tbsp.	In microwave safe glass bowl take prawns, ginger, garlic, green chili, water and cook. When beep add all other ingredients. Mix it well and press start.
10-16	**Schejwan Prawns**	450-500g	Prawns - 200 g, Red chili paste - 2 tbsp, Tomato sauce - 4 tbsp., Soya sauce - 1 tbsp., Ajinomoto - ¼ tsp., Sugar - 2 tsp., Salt as per your taste, Water - 1 cup, Oil - 2 tbsp., Pepper powder - ¼ tsp., 1" ginger chopped, Garlic - 5~6 (chopped), Green chili - 1 tsp., Spring onion - 2 tbsp. (chopped), Water - ½ cup, Corn flour - 2 tbsp. (dissolve in 1 cup water), Vinegar - 1 tbsp.	In microwave safe glass bowl take prawns, ginger, garlic, green chili, water and cook. When beep add all other ingredients. Mix it well and press start.

Code	Food	Saving Size	Ingredients	Recommendations
10-17	**Chicken with sweet & sour vegetables**	650-700g	Boneless Chicken - 500 g, Pineapple juice - ½ cup, Baby corns (cut into lengthwise) - 3~4, Broccoli/ cauliflower - 4~5, Mushrooms - 3~4 (cut into pieces), Slices of pineapple - 2 ea, Small capsicum - 1 ea (cut into pieces), Red chili paste - ½ tsp., Crushed garlic - 1 ½ tsp., Spring onion white - 2-3 (cut into slices), Tomato ketchup - ¼ cup, Vinegar - 3 tbsp., Ajinomoto - ¼ tsp., Sugar - 4 tsp., Soya sauce - 1 tsp., Salt to taste, Stock cube - 1 crushed, Corn flour - 4 tbsp. (mixed in ¼ cup of water)	In microwave safe glass bowl add 1 ½ cups water, pineapple juice, baby corn, florets, mushrooms and cook. When beep add chicken, all other ingredients. Mix it well and press start. Serve hot.
10-18	**Mutton Mint shorba**	550-600g	Boneless Mutton - 300 g (cut into pieces), Mint leaves - 25~30 (rawly chopped), Olive oil - 1 tbsp., Cumin seed powder - 1 tsp., Chopped onion - 1 ea, Chopped garlic - 1 tsp., Red chili flakes - ¼ tsp., Cinnamon powder - ½ tsp., Green cardamom - 1 ea, Chopped tomato - 2 ea, Salt & pepper powder as per your taste, Coconut milk - ½ cup, Water - 4 cups	In microwave safe glass bowl add boneless mutton, olive oil, tomato, onion and cook. When beep add all other ingredients and press start. Serve hot.
10-19	**Chicken Barley Soup**	600-700g	Chicken pieces - 200 g, Barley - ½ cup, Bay leaf - 1 ea, Crushed peppercorns - 5~6 ea, Chopped onion - 1 ea, Celery stick - 2 tbsp., Butter - 2 tbsp., Salt and pepper powder as per your taste, Corn flour - 1 tbsp. (dissolve in ½ cup of water), Water - 6 cups, Chopped parsley - 1 tbsp. for garnish	Soak the barley in 2 cups of water for 2 hrs. In microwave safe deep glass bowl, take barley, chicken, onion and press start. When beep add all other ingredients, mix it well and press start. Serve hot with chopped parsley.

Code	Food	Saving Size	Ingredients	Recommendations
10-20	**Chicken in Noodle Soup**	550-600g	Noodles - 200 g, Boneless Chicken – 200 g, Water - 4 cups, Fresh red chilies - 2 ea (sliced), Soya sauce - 2 tbsp., Chopped onion - 1 ea, White pepper powder& salt as per your taste, Fresh basil leaves - 10~12, Chopped Coriander leaves - 2 tbsp., Chopped spring onion - 2 tbsp., Sugar as per your taste, Oil - 2 tbsp.	In microwave safe glass bowl add chicken, onion, oil, 1 cup of water and cook. When beep add all other ingredients and press start. Serve hot, garnish with coriander leaves and spring onion.

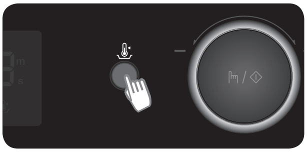
USING THE KEEP WARM MODE

Place the food on the multi-pan or the multi-pan + insert rack in level 1.

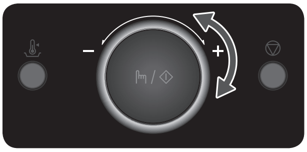


Keep warm mode setting

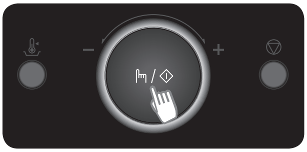
1. Press the **KEEP WARM** (🌡) button.



2. Turn the **+/- DIAL** to select a KEEP WARM time.
   (time range: 1 minute ~ 10 hours)
   - The default time is set to 30 minutes.
   - While in Keep Warm mode, you can adjust the time using the **+/- DIAL**.



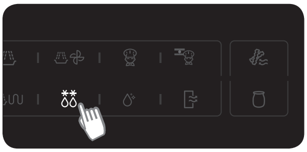
3. Press the **SELECT/START** (☝ / ◇) button.
   - The Keep Warm mode starts.



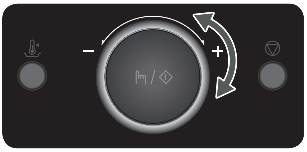
USING THE POWER DEFROST MODE

Samsung's smart oven enables you to quickly defrost frozen food.
When defrosting food, do not wrap it with aluminum or plastic wrap.

1. Press the **POWER DEFROST** (❄) button.

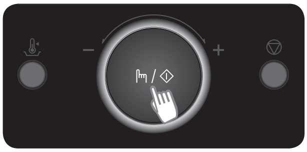


2. Turn the **+/- DIAL** to select a menu.
   (Refer to page 104-105)



3. After selecting a menu, press the **SELECT/ START** (☝ / ◈) button.

   Put the food on a heat-resistant dish, and place the dish at the bottom of the oven.



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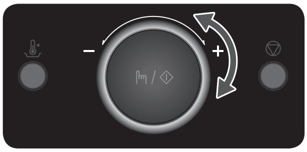
4. Turn the **+/- DIAL** to select a serving size, and press the **SELECT/START** (☝ / ◈) button.
   - The Defrost mode starts.



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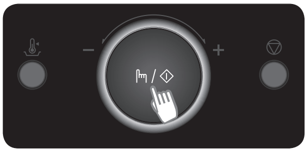
5. When a beep sounds, open the door and turn the food over. Then, press the **SELECT/START** (☝ / ◈) button to resume defrosting the food.
   - If you do not open the door when hearing the beep, the oven still continues defrosting.



- Do not use the Multi-pan or Insert rack. Otherwise, this may result in fire.
- Do not use the defrosting function immediately after using the oven for cooking food. Start the defrosting after the oven has cooled down.

Using the Power Defrost Programmes

The following table presents the various Power Defrost programmes, quantities, standing times and appropriate recommendations. Remove all kind of package material before defrosting.
Place meat, poultry and fish on a flat glass plate, arrange bread and cake on kitchen paper.

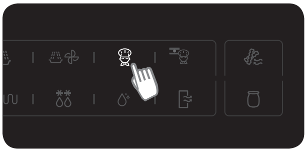
Code	Food	Serving Size	Standing Time (min.)	Recommendations
1	**Meat**	0.2-1.5 kg	20-90	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for lamb, pork, steaks, chops, minced meat.
2	**Poultry**	0.2-1.5 kg	20-90	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions.
3	**Fish**	0.2-1.5 kg	20-80	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
4	**Bread/Cake**	0.1-0.8 kg	10-60	Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on the bottom of the oven and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door.) This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping.
5	**Fruit**	0.1-0.6 kg	5-20	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits.

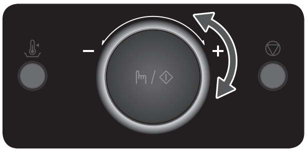
USING THE SMART AUTO COOK MODE

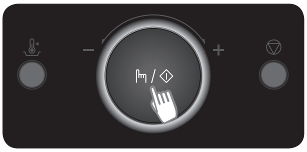
Samsung's smart oven cooks for you. You don't need to worry about your recipe's time and temperature.
According to the selected recipe of 24 predefined settings, the Smart Auto Cook function sets the optimal cooking time and temperature for best taste and flavor.

1. Press the **SMART AUTO COOK** ( ) button.

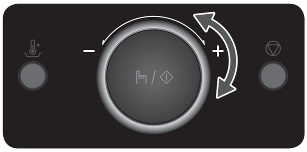


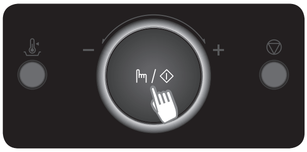
2. Turn the **+/- DIAL** to select one from 1 through 3, and press the **SELECT/START** (/) button. (1-Auto Reheat, 2-Auto Cook, 3-Speed Snack)





3. Turn the **+/- DIAL** to select a menu, and press the **SELECT/START** (☝ / ◇) button.
   (Refer to table on page 107-110 for a description)





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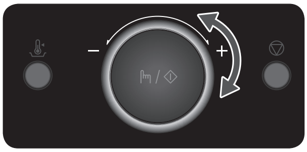
4. Turn the **+/- DIAL** to select a serving size.
   - The serving size differs depending on the menu, and some menus do not provide a serving size.
   - You can skip this step for a menu that does not provide a serving size.



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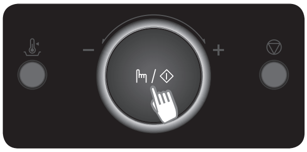
5. Press the **SELECT/START** (☝ / ◇) button.
   - The Auto Cook starts.



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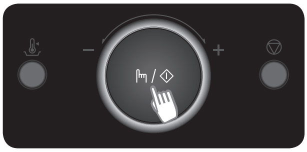
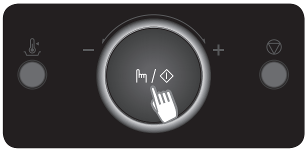
6. When a beep sounds, open the door and turn the food over. Then, press the **SELECT/START** (☝ / ◇) button.
   - If you do not open the door when hearing a beep, the oven still continues cooking.



- While in Auto Cook, you cannot use the **SELECT/START** (☝ / ◇) button to adjust the cooking time.



⚠
- The oven is extremely hot. Use protective gloves for your safety.
- Using the oven for an extended period of time may affect its performance. For extended periods of use, adjust the cooking time or resume using the oven after it has cooled down.

Using the Auto Reheat Feature

The following table presents 8 Auto Reheat Programmes, quantities, standing times and appropriate recommendations. Programmes no 1-1 to 1-3 are running with microwave energy only. Programmes no 1-5 and 1-8 are running with convection. Programme no 1-4 and 1-6 are running with a combination of microwaves and convection. Programme no 1-7 is running with grill mode only. Use oven gloves when taking out food.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
1-1	**Ready Meal** (chilled)	0.3-0.35 kg 0.4-0.45 kg	2-3	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dish like potatoes, rice or pasta). Put the dish on the bottom of the oven. When beep sounds during cooking, turn around the food. Press start to continue. (The oven keeps operating if you do not turn around.)
1-2	**Soup** (chilled)	0.2-0.25 kg 0.3-0.35 kg 0.4-0.45 kg	2-3	Pour into a deep ceramic soup plate or bowl and put on a ceramic plate. Cover with plastic lid during heating. Put the dish on the bottom of the oven. Stir carefully before and after standing time.
1-3	**Mini Ravioli** (chilled)	0.2-0.25 kg 0.3-0.35 kg	3	Put chilled ready mini ravioli in a microwave proof plastic dish in the centre of ceramic plate. Pierce film of ready product or cover plastic dish with microwave cling film. Put the dish on the bottom of the oven. Stir carefully before and after standing time. This programme is suitable for ravioli, as well as for noodles in sauce.
1-4	**Frozen Pizza** ✱✱	0.3-0.4 kg 0.45-0.55 kg	-	Put frozen pizza on multi-pan with insert rack. Insert in level 1. When beep sounds during cooking, turn around the food. Press start to continue. (The oven keeps operating if you do not turn around.)
1-5	**Frozen Pizza Snacks** ✱✱	0.1-0.15 kg 0.2-0.25 kg	-	Put frozen pizza snacks on multi-pan and insert in to level 1.
1-6	**Frozen Lasagne** ✱✱	0.4-0.45 kg 0.8-0.85 kg	3-4	Put frozen lasagne into a suitable sized ovenproof dish. Put dish on rack. Set insert rack on bottom.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
1-7	**Frozen Chicken Wings** ❄❄	0.2-0.45 kg	2	Put the frozen ready chicken wings or small drumsticks (pre-cooked and spiced) on the rack on multi-pan with skin-side down. Insert in level 2. Turnover, as soon as the oven beeps.
1-8	**Frozen Bread Rolls** ❄❄	0.1-0.35 kg (2 pcs)	3-5	Put 2 to 6 frozen bread rolls on multi-pan, insert into level 1. This program is suitable for small frozen bakery products as bread rolls, ciabatta rolls and small baguettes.

Using the Auto Cook Feature

The following table presents 11 Auto Cook Programmes, quantities, standing times and appropriate recommendations. Programmes no 2-1 and 2-5 are running with microwave energy only. Programmes no 2-6 and 2-7 are running with a combination of convection and grill or grill only. Programmes no 2-8 and 2-9 are running with a combination of microwaves and convection. Programme no 2-10 and 2-11 are running with convection mode. Use oven gloves when taking out food.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
2-1	**White Rice**	0.15-0.2 kg 0.2-0.25 kg	5-10	Weigh parboiled white rice and add double quantity of cold water. For example: when cooking 0.25 kg rice, add ½ liter cold water. Use glass pyrex bowl with lid. Put the bowl on the bottom of the oven. Cook covered.
2-2	**Broccoli Florets**	0.2-0.25 kg 0.3-0.35 kg 0.4-0.45 kg 0.5-0.55 kg	1-2	Weigh the vegetables after washing, cleaning and cutting into similar size. Put them into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 0.2-0.25 kg, add 45 ml (3 tablespoons) for 0.3-0.45 kg and add 60-75 ml (4-5 tablespoons) for 0.5-0.55 kg. Stir after cooking. Put bowl on the bottom of the oven. When cooking higher quantities stir once during cooking.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
2-3	**Sliced Carrots**	0.1-0.15 kg 0.2-0.25 kg 0.3-0.35 kg	1-2	Weigh the vegetables after washing, cleaning and cutting into similar size. Put them into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 0.2-0.25 kg, add 45 ml (3 tablespoons) for 0.3-0.35 kg. Put bowl on the bottom of the oven. This programme is suitable for cauliflower.
2-4	**Peeled Potatoes**	0.3-0.35 kg 0.4-0.45 kg 0.5-0.55 kg 0.6-0.65 kg	3	Wash and peel potatoes, cut into halves and put into a glass bowl with lid. Add 15-30 ml of water (1-2 tablespoons). Put bowl on the bottom of the oven. Stir after cooking. When cooking higher quantities stir once during cooking.
2-5	**Jacket Potatoes**	0.2 kg 0.4 kg 0.6 kg	5	Use oven potatoes with a size of 0.2 kg each. Pierce skin and set on the bottom of the oven.
2-6	**Roast Fish**	0.2-0.3 kg 0.4-0.5 kg	3	Brush skin of whole fish with oil and add herbs and spices. Put fish side by side, head to tail on multi-pan with insert rack, level 2. Turnover, as soon as the beep sounds.
2-7	**Fish Fillet**	0.2-0.3 kg 0.4-0.5 kg	2	Put fish filets, such as salmon evenly on multi-pan with insert rack, level 2. Turnover, as soon as the beep sounds.
2-8	**Roast Chicken**	1.0-1.1 kg 1.2-1.3 kg	5	Brush chilled chicken with oil and spices. Put breast-side-down into an ovenproof dish. Put dish on insert rack on bottom. Turnover, as soon as the oven beeps.
2-9	**Roast Lamb**	0.9-1.0 kg 1.2-1.3 kg	5-10	Brush the lamb with oil and spices (pepper only, salt should be added after roasting). Put it into an ovenproof dish. Put dish on insert rack on bottom. Turnover, when the oven beeps. After roasting and during standing time it should be wrapped in aluminium foil.
2-10	**Sponge Cake**	0.45-0.55 kg	10	Put dough into a round black metal baking tin, using baking paper (diameter 26 cm). Put tin on multi-pan with insert rack, shelf level 1.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
2-11	**Muffins**	0.5-0.6 kg	-	Pour dough into metal baking tin for 12 muffins (each muffin 45 g) and set on multi-pan. Insert in shelf level 1.

Using the Speed Snack Features

The following table presents Auto Programmes for types of snack and food which take short preparation time.
Programmes no 3-1, 3-2, 3-4 and 3-5 are running with microwave energy only.
Programme no 3-3 is running with convection.

Code	Food	Serving Size	Standing Time (min.)	Recommendations
3-1	**Popcorn**	0.1 kg	-	Use special popcorn product for preparing in microwave oven. Follow the instructions of food manufacturer and put the bag in the centre of the bottom of the oven. During this programme corn will pop and the bag will increase in volume. Be careful when taking out and opening the hot bag.
3-2	**Nachos**	0.12 kg	-	Put nachos (tortilla chips) on a flat ceramic plate. Put 50 g grated cheddar cheese and spices on top. Place on the bottom of the oven.
3-3	**Cookies**	0.2 kg 0.3 kg	-	Put the biscuits 0.2 kg or cookies 0.3 kg evenly on the multi-pan. Insert in shelf level 1.
3-4	**Frozen Mixed Vegetables**	0.3 kg 0.5 kg	3-4	Put frozen vegetable into an ovenproof glass dish. Add 1 tablespoon water. Cover with lid. Put the dish on the bottom of the oven.
3-5	**Sausages**	0.1 kg 0.2 kg	1-2	Put sausages into a microwave-proof dish. Add 200 ml water. Cover with lid. Put the dish on the bottom of the oven.

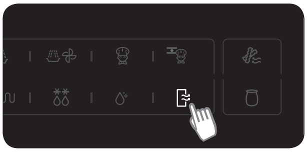
cleaning and care

CLEANING YOUR OVEN

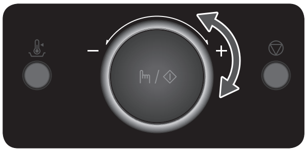
DEODORIZATION

Use this feature after cooking odorous food or when there is a lot of smoke in the oven interior. First clean the oven interior.

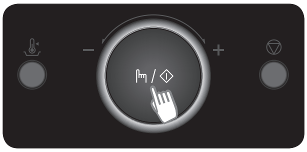
1. Press the **DEODORIZE** (⎘) button.



2. Turn the **+/- DIAL** to set the time.
   (Default : 5 minutes, Max : 15 minutes)



3. Press the **SELECT/START** (☝ / ◈) button.

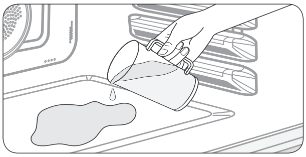


USING THE STEAM CLEAN MODE

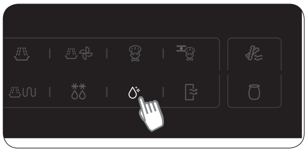
Use this mode before cleaning the inside of the oven. This mode loosens food residue, allowing you to easily clean the oven.

Steam clean mode setting

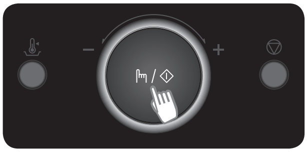
1. Pour about 100 ml water onto the bottom of the empty oven.



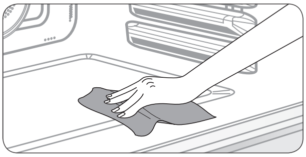
2. Press the **STEAM CLEAN** (💧) button.
   - The steam cleaning lasts for 15 minutes.



3. Press the **SELECT/START** (☝ / ◇) button.

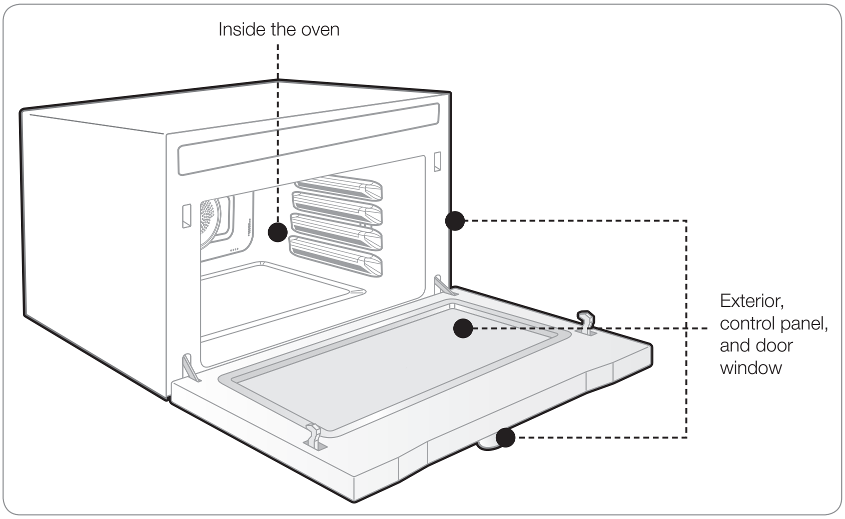


When done, open the door and wipe the inside of the oven with a dry cloth.



⚠
- If you open the door while in steam cleaning, cleaning may not work properly. Do not open the door.
- The oven is extremely hot. Use caution when cleaning the oven after using the steam clean function.
- Only use water. Do not use detergent.

Cleaning the inside of the oven



1. With a dish towel dampened with neutral detergent, wipe out any food residue on the oven's walls and ceiling.
2. Stains and dry food residue can be removed easily using steam cleaning.
3. Wipe the inside of the oven with a dry cloth.

Cleaning the surface, control panel, and door window

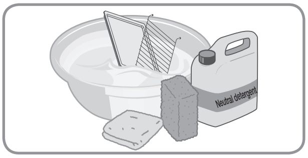
1. Wipe the oven exterior with a dry cloth. (before cleaning the touch panel, turn off the oven or set the child lock)
2. Do not apply excessive force to the control panel when cleaning it.
3. With a dish towel dampened with neutral detergent, wipe both sides of the door window. Dry with a dry cloth.

Cleaning the water tank and water tray

Wipe them with a sponge with neutral detergents. Rinse with water.

Cleaning accessories

1. Wash the bottom of the oven with neutral detergent. Dry, and then place it back in the oven.
2. Do not clean accessories excessively with a brush. This may damage the coating.



⚠
- Do not use benzene, thinner, or metal brushes for cleaning purposes. This may damage the coating or result in discoloration.
- Do not spray cleaners directly onto the oven. This may result in electric shock or fire.
- Do not expose the water tank and water tray to direct sunlight. This may result in deformation or damage.

troubleshooting and error code

TROUBLESHOOTING

If you have problems with your oven, try the solutions suggested below. They may save you the time and inconvenience of an unnecessary service call.

What to do if you are in doubt or have a problem

Becoming familiar with a new appliance always takes a little time. If you have any of the problems listed below, try the solutions given. They may save you the time and inconvenience of an unnecessary service call.

The following are normal occurrences.

- Condensation inside the oven
- Air flow around the door and outer casing
- Light reflection around the door and outer casing
- Steam escaping from around the door or vents

The food is not cooked at all.

- Have you set the timer correctly and pressed the **SELECT/START** button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered.

The food is either overcooked or undercooked.

- Make sure appropriate cook time was used.
- Make sure appropriate power level was used.

Sparking and cracking occur inside the oven (arcing).

- Make sure you are using proper cookware without metal trimmings.
- Make sure no forks or other metal utensils have been left inside the oven.
- If using aluminum foil, make sure it is not too close to inside walls.

The oven causes interference with radios or televisions.

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal.
- Solution: install the oven away from televisions, radios and aerials.
- If interference is detected by the oven’s microprocessor, the display may be reset.
- Solution: Disconnect the power plug and reconnect it. Reset the time.

Electronic interference causes DISPLAY to be reset.

- Disconnect the power plug and reconnect it. Reset the time.

Condensation appears inside the oven.

- This is a normal occurrence. Simply wipe away after cooking.

The fan continues to operate after the oven has been turned off.

- This is a normal occurrence. Cooling fan may continue to operate for up to three minutes after oven has been turned off.

Air flow is detected around the door and outer casing.

- This is a normal occurrence.

Light reflection around the door and outer casing.

- This is a normal occurrence.

Steam escapes from around the door or vents.

- This is a normal occurrence.

A clicking sound occurs while the oven is operating, especially in defrosting mode.

- This is a normal occurrence.

The light bulb is not working.

- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care, to arrange for a qualified engineer to replace the bulb.

Smoke and bad smell when initial operating.

- It's a temporary condition by new component heating. Smoke and smell will disappear completely after 10 minutes operation. To remove smell more quickly, place a cup of diluted lemon juice in the oven and heat for ten minutes at maximum power.

Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven.
- Your warranty details.
- A clear description of the problem.

Then contact your local dealer or SAMSUNG after sales service.

ERROR AND SAFETY CODES

Error Code	General Functions
E 21	**TEMP SENSOR OPEN** In case the value of the temperature sensor is more than 250 °C during operation/cancellation.
E 22	**TEMP SENSOR SHORT** In case the value of the temperature sensor is less than 5 °C during operation/cancellation.
E 23	**UNFINISHED PREHEAT** In case the oven has not reached the desired temperature although a certain amount of time has passed (unfinished preheating).
E 25	**OVER 230 °C DURING OPERATION OF MWO MODE** In case the temperature rises over 230 °C during operation of mwo mode (fire sensed).
E 81 E 83	**COMMUNICATION ERROR** Please contact SAMSUNG Customer Service.
-tE-	**TOUCH ERROR** Please contact SAMSUNG Customer Service.
-SE-	**KEY SHORT ERROR** Press the **STOP/CANCEL** button to try again. If the problem persists, contact the nearest SAMSUNG Customer Service.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.

technical data

Samsung strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

TECHNICAL DATA

Model		MC322GAKCBB
Power Source		230 V ~ 50 Hz
Power Consumption	Maximum Power	2950 W
	Microwave	1300 W
	Grill	1450 W
	Convection	2950 W
Output Power		800 W (IEC-705)
Operating Frequency		2450 MHz
Magnetron		OM75P (21)
Cooling Method		Cooling fan motor
Volume (Usable Capacity)		32 Liter
Dimensions (W x H x D)	Outside	527 x 367 x 488 mm
	Oven Cavity	438 x 231 x 315 mm
Weight	Net	24.2 Kg

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QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
AUSTRALIA	1300 362 603	www.samsung.com/au
NEW ZEALAND	0800 SAMSUNG (0800 726 786)	www.samsung.com/nz
CHINA	400-810-5858	www.samsung.com
HONG KONG	(852) 3698 4698	www.samsung.com/hk (Chinese) www.samsung.com/hk_en (English)
INDIA	1800 3000 8282 1800 266 8282	www.samsung.com/in
INDONESIA	0800-112-8888 (Toll Free) 021-5699-7777	www.samsung.com/id
JAPAN	0120-327-527	www.samsung.com
MALAYSIA	1800-88-9999	www.samsung.com/my
PHILIPPINES	1-800-10-7267864 [PLDT] 1-800-8-7267864 [Globe landline and Mobile] 02-4222111 [Other landline]	www.samsung.com/ph
SINGAPORE	1800-SAMSUNG(726-7864)	www.samsung.com/sg
THAILAND	0-2689-3232 1800-29-3232	www.samsung.com/th
TAIWAN	0800-329-999	www.samsung.com/tw
VIETNAM	1 800 588 889	www.samsung.com

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